THE SATURDAY EVENING POST

The Post Commemorates World War II

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May/June '95

CNN's Lynne Russell

Line Dancing for Health

Norman Rockwell's Four Freedoms

The Right (and Wrong) Way of Leaving Money to Your Children

The Post Investigates Folic Acid's New Role in Heart Disease Prevention

Jump-Start Your Annual Garden

WASPs: Women Pilots of World War II

Bob Hope's WWII Memories

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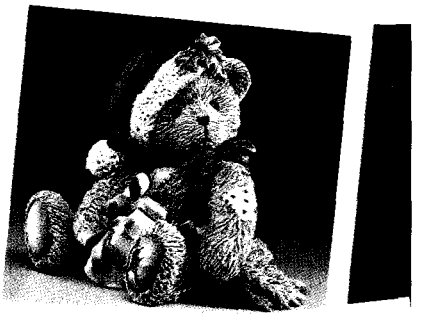
Monthly Friends to Cherish Figurine Collection

by Priscilla Hillman



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Bursting with irresistible charm and personality, the award-winning Cherished Teddies® Collection from Enesco has won the hearts of collectors all over the country. Now, The Hamilton Collection is proud to present the *Monthly Friends to Cherish* Figurine Collection, featuring twelve irresistible teddy bears.

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Painstakingly crafted and very attractively priced, this collection promises to be extremely popular with new and seasoned collectors alike. Our 30 Day, *100% Buy-Back Guarantee* assures your complete satisfaction. To adopt your teddies, submit your subscription application today!

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***Respond by: June 30, 1995**

Please accept my subscription for the *Monthly Friends to Cherish* Figurine Collection. I will receive one figurine each month, complete with a Certificate of Adoption, at the issue price of $19.50.* I may cancel my subscription at any time without obligation.

I need send no money now. On acceptance, I will be billed for my first figurine with shipment.

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*Plus $2.75 shipping and handling per figurine. 6% state sales tax will be charged for all orders shipped to Florida. *All applications must be signed and are subject to acceptance.*

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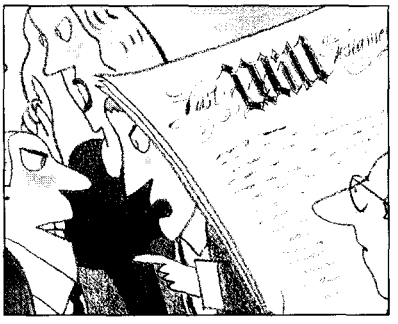

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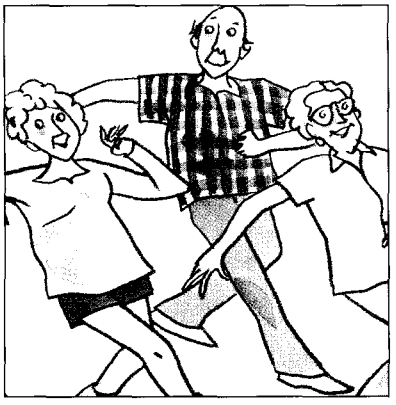
Norman Rockwell's Four Freedoms—sold millions in war bonds during World War II and remain the artist's most enduring legacy. **60**



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Letters

Tributes to Dr. Burkitt

I enjoyed very much your recent article on Dr. Denis Burkitt, so much so that I am compelled to express some of my feelings regarding this individual. These feelings date back to the early '60s, when I met him. At the time, I was on the faculty of a school of medicine, in microbiology, and I had gone to Africa on a Rockefeller Foundation fellowship for the purpose of observing firsthand some of the terrible diseases

Thirty years ago, Louisiana microbiologist Lorraine Friedman met the dedicated Dr. Denis Burkitt in Uganda.

that plagued these people. It was thought this experience would equip me to do a better job of teaching, and it did. My main point of operation was in Uganda, and it was there that I met Dr. Burkitt. He was so knowledgeable and so helpful to me—and so concerned about the natives. I kept putting off writing to him to congratulate him for his many accomplishments—and now it is too late.

Lorraine Friedman
Kentwood, Louisiana

I enjoyed reading the article in the March/April 1995 issue of *The Saturday Evening Post* by Dr. SerVaas on Denis Burkitt, M.D., and his work. Confirming his observation of a very low incidence of GI disease among Africans who ate high-fiber foods and had rapid bowel-transit times, Dr. Burkitt did excellent research by using simple methods. He dyed gourd seeds, had his subjects swallow different-colored seeds each day along with

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ASHLEY STEPHENSON

Chief Horticulturist of England's Royal Palace Gardens, retired.

I realized the dream of every English gardener
when I was put in charge of the Royal Palace gardens.

My mission was to further enhance their beauty. That was when
I first used Miracle-Gro. The results it achieved were outstanding.

I'm still using Miracle-Gro, although today,
the only garden I'm enhancing is my own.

Ashley Stephenson

for
ALL FLOWERS
ALL VEGETABLES
ALL GARDEN PLANTS

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their food, and then recorded the color of the seeds found in each day's bowel movement. No fancy radioactive uptake, just a plain, basic, clinical observation. The genius of the man was his ability to make acute clinical methods to confirm his findings and arrive at a practical application.

Dr. Burkitt shared his method and conclusions at the 1973 International Conference on Missionary Medicine sponsored by MAP Inc. at Wheaton College, and we were privileged to hear him at that time.

William M. Rowlett, M.D.
Hopkinsville, Kentucky

I especially enjoyed the article on Dr. Denis Burkitt. Is it possible for you to do a similar article on the late Dr. Linus Pauling?

Dorothy Hepfer
Chassell, Michigan

Funny Story

At first I wasn't going to renew my subscription to the *Post,* but after reading "Lock, Stock, Barrel, and Bluing" [March/April '95], I knew I couldn't afford to miss any future such stories. It was one of the funniest (if not *the* funniest) short stories I have ever read. I laughed like a 76-year-old fool from the first sentence through the last. I've read it several times since and still giggle all the way through it.

Helen Taylor
Phoenix, Arizona

Bring Back Wen!

I missed my favorite essayist in your March/April issue—Wen Smith.

He is my choice to always read first. Hope he didn't die—maybe he's just on vacation.

If he's alive and well, bring him back, please.

Ken Beshore
Costa Mesa, California

Black-Eye Mystery Solved!

Regarding the mystery of Julie Nixon's black eye at President Eisenhower's 1953 inauguration ("Post People"), Julie Eisenhower reveals in the magnificent biography, *Pat Nixon—The Untold Story*, that a sledding accident the week before accounted for the "dramatic black eye and skinned nose."

President Eisenhower suggested she turn toward David and Anne so the photographer wouldn't see her black eye. She further writes, "David stared in open admiration of her black eye." He was not (as was suggested by journalists when they became engaged ten years later) interested in her at that time.

And, yes, I can attest to the exemplary conduct of Jennie, Alex, and Melanie at their grandfather's funeral. It was a lovely and fitting tribute to the memories of President and Pat Nixon.

Susan Spreen
Mission Viejo, California

Old Age or Drugs?

The following is a true experience that I had recently:

Having made a number of visits to nursing homes, I had drawn the conclusion that the patients were there not as a result of old age per se, but as a result of the drugs they had taken.

In a discussion about health with a lady, I told her my theory. She quickly cut me short. She said, "My mother is in a nursing home, and she never did take any drugs."

Prompted by curiosity, I asked, "How old is she?"

"She is 105."

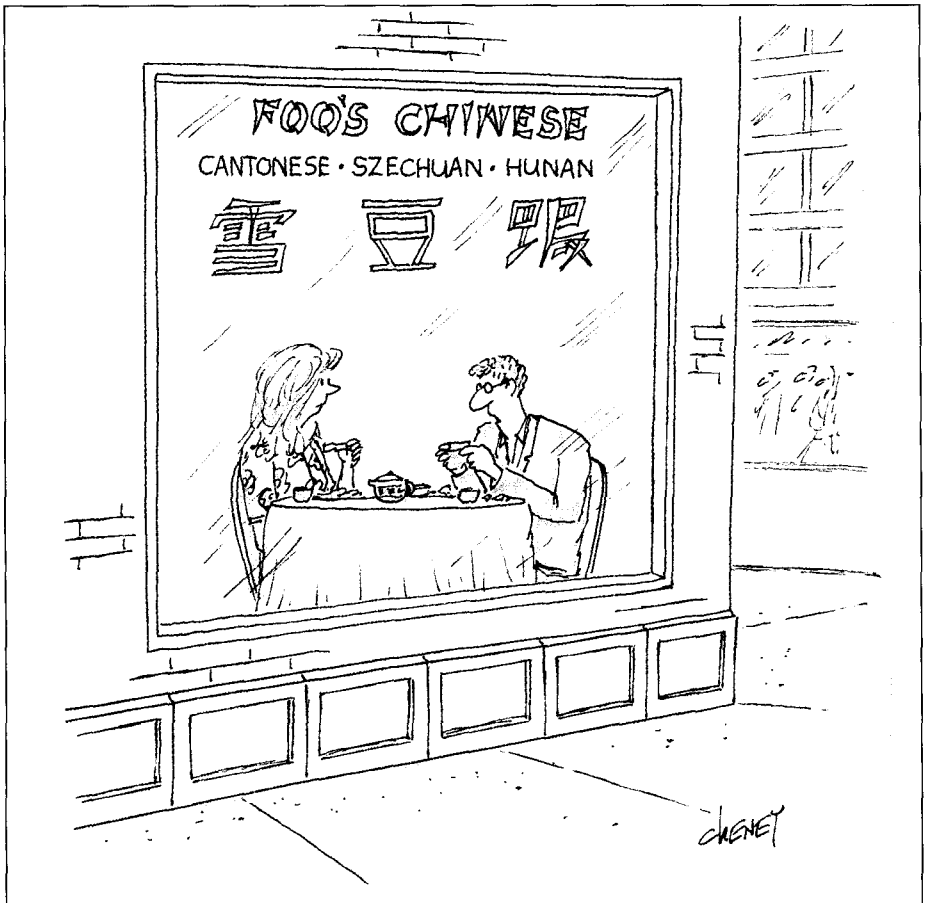
Barnard Wilcox
Seattle, Washington

Don't Stand Too Close to a Tim Allen Book!

The Saturday Evening Post has always stood for reliability and clean principles in its publication. At least that is what I've always believed, until you published Tim Allen as one of the "Post People" with a glowing critique of his book, *Don't Stand Too Close To A Naked Man.*

Surely you haven't read that book! I purchased it, thinking I would read some good humor. I read two chapters, and that was quite enough! It's terrible!

I would return my copy to Mr. Allen if I knew his address. I don't want it in our home.



"Mine says, 'Life is a painful challenge for everyone, so stop blaming your parents, put on a helmet, get in your trench, and shut up.' "

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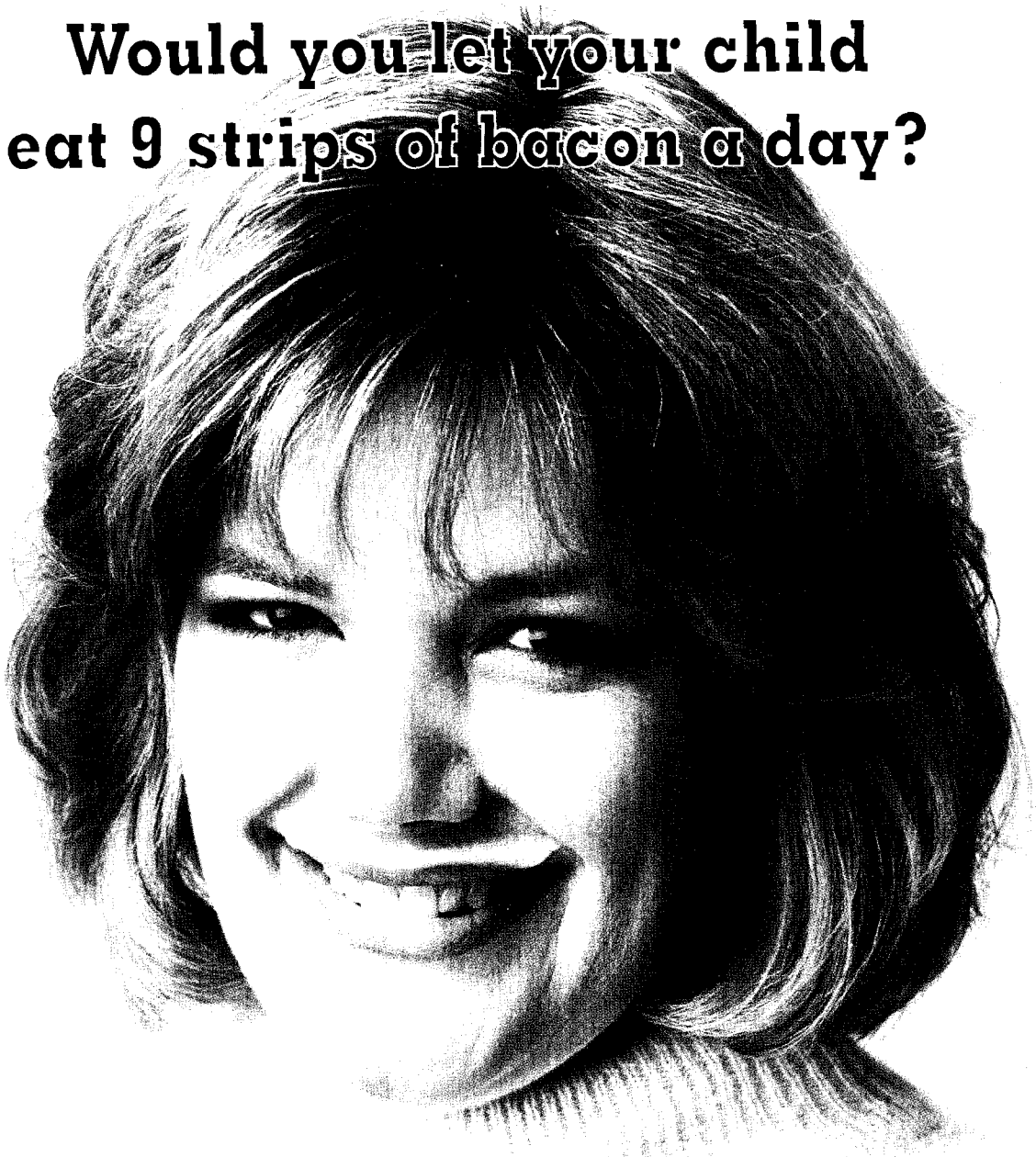
Would you let your child eat 9 strips of bacon a day?

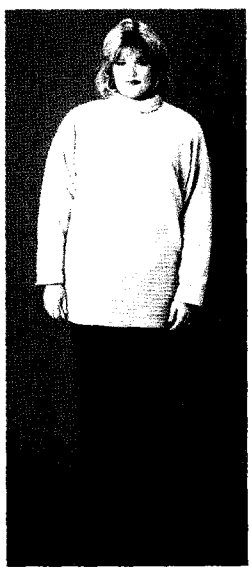


"I've just switched from 2% to skim milk.
I'll lose weight and be healthier!"

DRINK SKIM MILK!
It has all the nutrients of whole & 2% milk, but no fat.
It has all the calcium of whole & 2% milk, but fewer calories.

DON'T DRINK 2% MILK!
It is *not* low fat!
(It does not meet the FDA definition)
It has 3 grams of saturated fat per 8 oz. serving.

Time, Newsweek and Life Magazines refused to publish this ad. All 3 are running a multi-million dollar Milk Industry national ad campaign.



Would you let your child eat 9 strips of bacon a day?
3 glasses of 2% milk have 9 grams of saturated fat, the same amount as 9 strips of cooked bacon!

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NHSA

National **Heart Savers** Association
9140 West Dodge Road
Omaha, Nebraska 68114
PHIL SOKOLOF, President

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You should reconsider your recommendation.

Alma Sims
Grass Valley, California

Celebrating the "Politically Incorrect"

Just wanted to express my pleasure in reading Wen Smith's article in the Jan./Feb. '95 issue of *The Saturday Evening Post*, "And the Pig Goes, 'Like, Not Me, Man.' " This article was very humorous and so typical.

I have enjoyed Mr. Smith's articles and look forward to reading them each month.

Most magazines don't consider it "politically correct" to bring out the ridiculous in today's social programs, especially how they start and how they eventually end up.

I'm glad that the *Post* doesn't bow to the politically correct and make us miss some good reading.

Lorene Brock
Astoria, Oregon

I was amazed when I read your article about the book, *The Little Red Hen*. Recently, I had also recalled this book from my childhood and had shared the story with my husband. Since we enjoy reminiscing, we immediately went to our local bookstore and ordered a copy (Little Golden Book publication). Not only did I give the book to my grown children at Christmas, but I also read the story to them as they gathered around on Christmas day. They thought Mother had completely "lost it."

It is comforting to know there are still those who recall and appreciate the "fine literature of yesteryear."

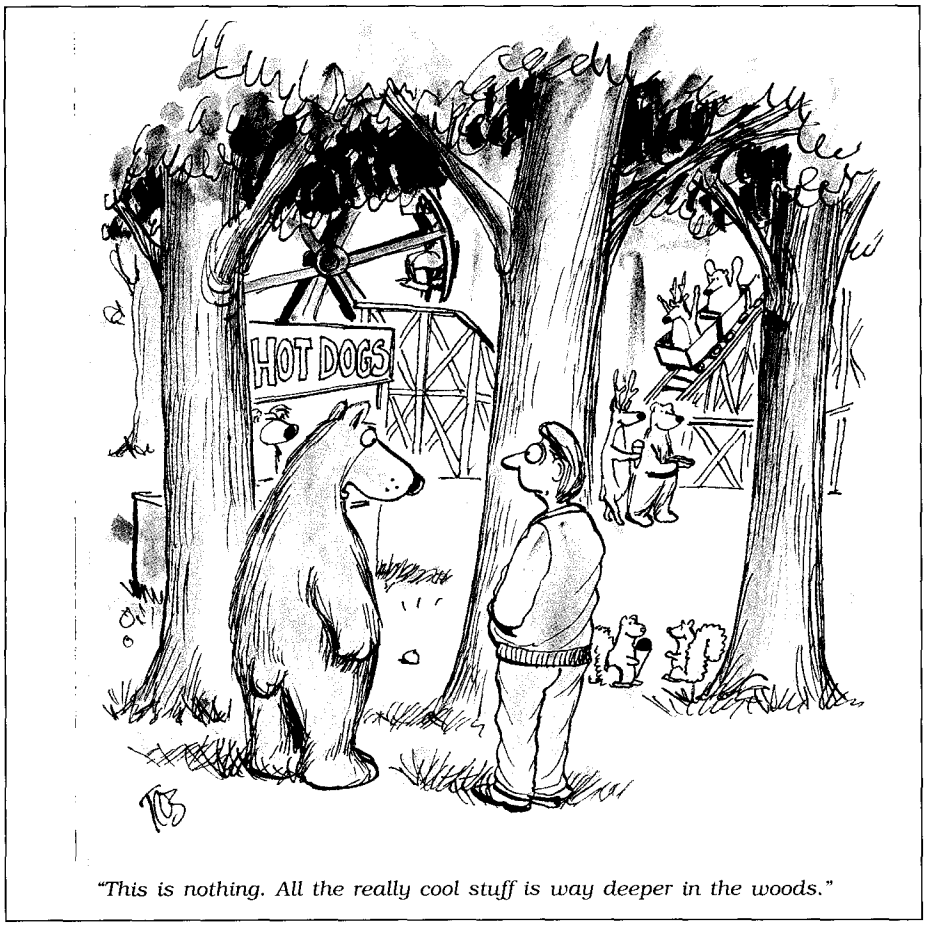
Myrtle H. Raines
Fort Washington, Maryland

Shady Link

The enclosed cartoon appeared on page 102 of the Nov./Dec. '94 issue of *The Saturday Evening Post*. We have owned and operated Shadow Valley Golf Course in Boise, Idaho, for 21 years. We would like to know if, by chance, this was about our golf course. Our #13 fairway is very difficult, and many a ball has been lost there. We would also like permission to have it enlarged and framed so we can hang it in our clubhouse.

Judy Hutt
Boise, Idaho

Editor's note: We contacted cartoonist Todd Clark about your letter. Shadow Valley is Todd's favorite golf course. He has lost two balls on the 13th hole on a good day. Of course, you have permission to enlarge the cartoon.



"This is nothing. All the really cool stuff is way deeper in the woods."

Good, Clean Fun

We really enjoy *The Saturday Evening Post*.

If we only read "Exercise: Healthy at Any Age," "The Healing Power of Gardens," "Dr. Denis Burkitt: A Passion for Preventing Disease," and "Medical Mailbox," we will be more well this year.

My husband and I appreciate the prayer article by Robert Schuller. We never miss listening to his program every Sunday morning.

Last, but not least, the stories are always interesting. The cartoons help us have laughs. These are the best cartoons we see in any magazine.

Mary B. Mason
Logan, New Mexico

Don't Worry, B_{12} Happy!

I want to thank you for the B_{12} deficiency article in your July/August 1994 issue of the *Post*. I felt the symptoms you described all fit me, so I asked my doctor to check my B_{12}. I think he did it to humor me, but to his surprise, my B_{12} count was 42, and the minimum should be 240. He immediately had me in for B_{12} shots and, after getting the count up to 600, put me on vitamin B_{12} orally.

The upshot of it is that I have had degeneration of my spinal cord so that now my feet are numb because of nerve damage. I have had degeneration of the retina in my eyes so that my vision dropped from 20-20 to 20-50 in a matter of months.

I am extremely grateful for your article on B_{12} deficiency, as I shudder to think of the damage I might have suf-

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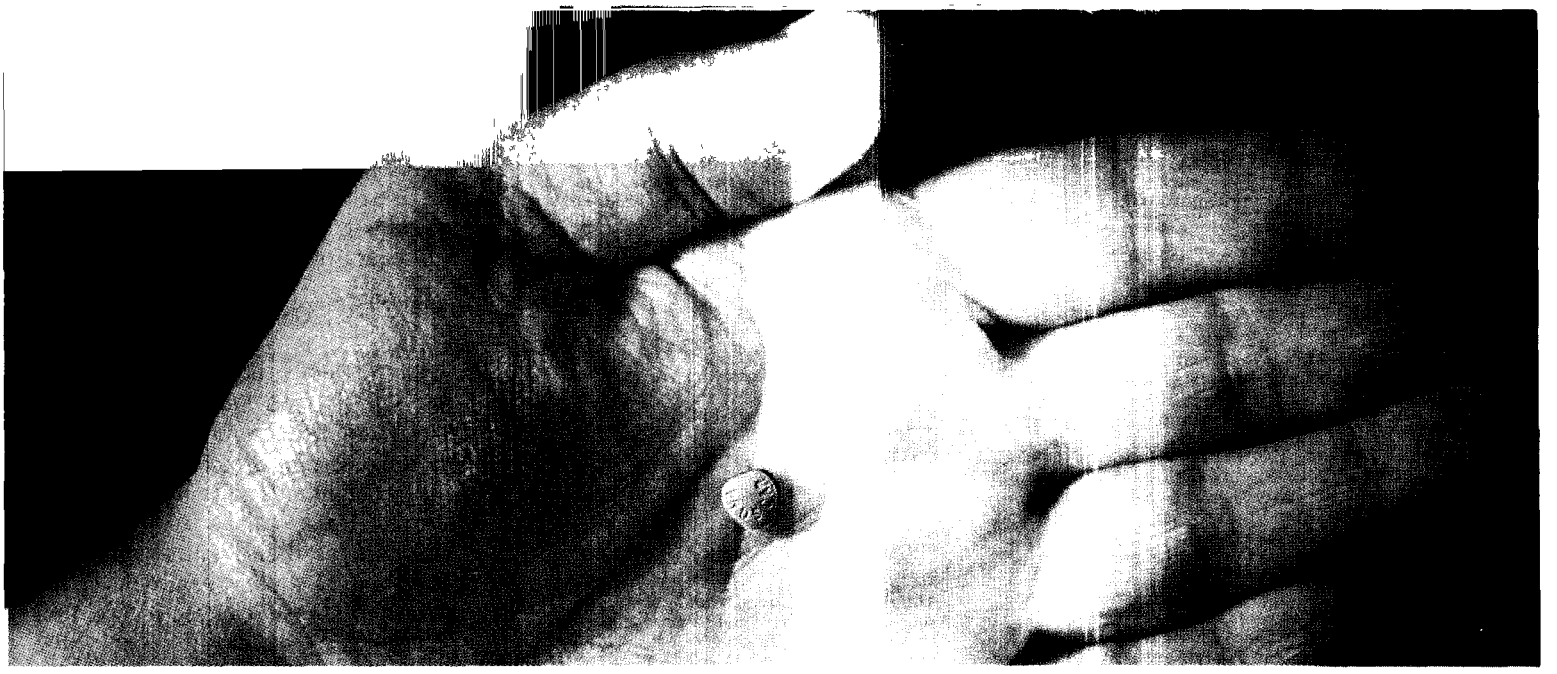


If your doctor says you've got symptomatic benign prostate enlargement, help can be in the palm of your hand.

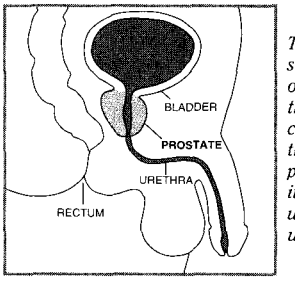
Many men mistakenly believe that an enlarged prostate is treated the same way for all men. But today there are more options than ever. By speaking frankly about your symptoms, you and your doctor can decide what is appropriate for you.

Is this you?	Yes	No
Do you get up more than once or twice a night to urinate?	☐	☐
Do you often have sudden, uncontrollable urges to urinate?	☐	☐
Do you have a hesitant or slow urine stream?	☐	☐
Do you have a frequent need to urinate?	☐	☐

If you answered yes to even one question, tell your doctor. Your symptoms may be caused by a condition called benign prostate enlargement (BPH). But remember, only a doctor can evaluate your symptoms and their possible causes. *While BPH is not cancer and does not lead to cancer, the two conditions can exist at the same time.*

Symptomatic BPH can be treated in several ways. In addition to surgery and monitoring the condition with regular checkups, now your doctor has oral prescription medicines. One oral medicine is PROSCAR, the only medicine for the treatment of symptomatic BPH that can shrink the prostate.

PROSCAR works by blocking a hormone that can cause the prostate to enlarge. *But it is important to know: PROSCAR doesn't work for everyone. Although the prostate may shrink, there may not be an improvement in urinary symptoms. However, in clinical studies with PROSCAR, some men have seen an improvement in their urinary symptoms after 2 weeks. Others have found that PROSCAR took up to several months to help them.* Because all men are different, you and your doctor will need to determine how PROSCAR is working for you.



The prostate surrounds part of the urethra, the tube that carries urine from the bladder. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

Today you don't have to live with the discomfort of symptomatic BPH. Ask your family doctor or a urologist if PROSCAR is right for you. **For free information that will help you discuss your symptoms with your doctor, call 1-800-770-7486.**

For the treatment of symptomatic BPH

PROSCAR® 5mg
(FINASTERIDE)

The only medicine that can shrink the prostate.

MERCK

Please see the patient information on the next page.

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PATIENT INFORMATION ABOUT PROSCAR® (Prahs-car)
Generic name: finasteride (fin-AS-tur-eyed)

PROSCAR is for the treatment of symptomatic benign prostatic hyperplasia and for use by men only.

Your doctor may prescribe PROSCAR if you have a medical condition called benign prostatic hyperplasia or BPH. This occurs only in men.

Please read this information, as well as the leaflet which accompanies your medication, before you start taking PROSCAR. Also, read the leaflet each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss PROSCAR when you start taking your medication and at regular checkups.

What is BPH?

BPH is an enlargement of the prostate gland. After age 50, most men develop enlarged prostates. The prostate is located below the bladder. As the prostate enlarges, it may slowly restrict the flow of urine. This can lead to symptoms such as:

- a weak or interrupted urinary stream
- a feeling that you cannot empty your bladder completely
- a feeling of delay or hesitation when you start to urinate
- a need to urinate often, especially at night
- a feeling that you must urinate right away.

Treatment options for BPH

There are three main treatment options for BPH:

- **Program of monitoring or "Watchful Waiting".** If a man has an enlarged prostate gland and no symptoms or if his symptoms do not bother him, he and his doctor may decide on a program of monitoring which would include regular checkups, instead of medication or surgery.
- **Medication.** Your doctor may prescribe PROSCAR for BPH. See **"What PROSCAR does"** below.
- **Surgery.** Some patients may need surgery. Your doctor can describe several different surgical procedures for BPH. Which procedure is best depends on your symptoms and medical condition.

What PROSCAR does

PROSCAR lowers levels of a key hormone called DHT (dihydrotestosterone), which is a major cause of prostate growth. Lowering DHT leads to shrinkage of the enlarged prostate gland in most men. This can lead to gradual improvement in urine flow and symptoms over the next several months. However, since each case of BPH is different, you should know that:

- Even though the prostate shrinks, you may NOT see an improvement in urine flow or symptoms.
- You may need to take PROSCAR for six (6) months or more to see whether it helps you.
- Even though you take PROSCAR and it may help you, it is not known whether PROSCAR reduces the need for surgery.

What you need to know while taking PROSCAR

- **You must see your doctor regularly.** While taking PROSCAR, you must have regular checkups. Follow your doctor's advice about when to have these checkups.
- **About side effects.** Like all prescription drugs, PROSCAR may cause side effects. Side effects due to PROSCAR may include impotence (or inability to have an erection) and less desire for sex. Each of these side effects occurred in less than 4% of patients in clinical studies. In some cases side effects went away while the patient continued to take PROSCAR.

Some men taking PROSCAR® (Finasteride) may have a decrease in the amount of semen released during sex. This decrease does not appear to interfere with normal sexual function. Rarely, some men have reported breast swelling and/or tenderness or allergic reactions such as lip swelling and rash.

You should discuss side effects with your doctor before taking PROSCAR and anytime you think you are having a side effect.

- **Checking for prostate cancer.** Your doctor has prescribed PROSCAR for symptomatic BPH and not for cancer—but a man can have BPH and prostate cancer at the same time. Doctors usually recommend that men be checked for prostate cancer once a year when they turn 50 (or 40 if a family member has had prostate cancer). These checks should continue while you take PROSCAR. PROSCAR is not a treatment for prostate cancer.
- **About prostate specific antigen (PSA).** Your doctor may have done a blood test called PSA. PROSCAR can alter PSA values. For more information, talk to your doctor.
- **A warning about PROSCAR and pregnancy.**

PROSCAR is for use by MEN only.

PROSCAR is generally well tolerated in men. However, women who are pregnant, or women who could become pregnant, should avoid the active ingredient in PROSCAR.

If the active ingredient is absorbed by a woman who is pregnant with a male baby, it may cause the male baby to be born with abnormalities of the sex organs. Therefore, any woman who is pregnant or who could become pregnant must not come into direct contact with the active ingredient in PROSCAR.

Two of the ways in which a woman might absorb the active ingredient in PROSCAR are:

Sexual contact. Your semen may contain a small amount of the active ingredient of the drug. If your partner is pregnant, or if you and your partner decide to have a baby, you must stop taking PROSCAR and talk to your doctor. If your partner could become pregnant, proper use of a condom can reduce the risk of exposing her to your semen (discuss this further with your doctor).

Handling broken tablets. Women who are pregnant or who could become pregnant must not handle broken tablets of PROSCAR. PROSCAR tablets are coated to prevent contact with the active ingredient during normal handling. If this coating is broken, the tablets should not be handled by women who are pregnant or who could become pregnant.

If a woman who is pregnant comes into contact with the active ingredient in PROSCAR, a doctor should be consulted.

Remember, these warnings apply only if the woman exposed to PROSCAR is pregnant or could become pregnant.

How to take PROSCAR

Follow your doctor's advice about how to take PROSCAR. You must take it every day. You may take it with or between meals. To avoid forgetting to take PROSCAR, it may be helpful to take it the same time every day.

Do not share PROSCAR with anyone else; it was prescribed only for you.

Keep PROSCAR and all medicines out of the reach of children.

FOR MORE INFORMATION ABOUT 'PROSCAR' AND BPH, TALK WITH YOUR DOCTOR. IN ADDITION, TALK TO YOUR PHARMACIST OR OTHER HEALTH CARE PROVIDER.

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fered had corrective measures not been taken as early as they were. Keep up the excellent reporting of medical problems the ordinary layman has not even heard of.

Ludwik Kulas
Grand Forks, North Dakota

Dr. Crosby's article in the July/August '94 *Saturday Evening Post* was a tremendous help to me. I had a swollen tongue, many canker sores, and tingling numbness in my fingers in February 1994.

My doctor didn't know what was wrong until I took your article to her in June 1994. You can see it took four months for the diagnosis.

As soon as the blood tests were made, she started me on B_{12} shots. My husband now gives me the shot once a month.

The tingling, burning numbness is moving into the rest of my hands. I have a new doctor, but he knows very little about pernicious anemia. Is there anything you could suggest to help me?

I've sewed all my life, but now I have trouble picking up pins and needles.

Dorothy D. Crockett
Hillsboro, Oregon

Editor's note: We have sent your letters to Dr. Christian Jansen because we consider him to be the world's most informed authority on the subject of B_{12}. He undoubtedly will tell you that, in his opinion, orally administered B_{12} can effectively prevent and treat pernicious anemia.

More Good, Clean Fun

Reading is my favorite pastime. I subscribe to many magazines and buy some in the stores. But I must say my all-time favorite magazine is *The Saturday Evening Post*.

Your March/April '95 issue is just wonderful. Every article is inspiring, knowledgable, and informative.

The two fiction stories were excellent, too.

I am a 78-year-old woman, and I can still remember a young boy on a bicycle delivering the magazine at my home. I am sure it was only five cents a copy.

It is a joy to read a clean, wholesome magazine.

Congratulations to you for putting out this fine magazine.

Verna T. Varney
Melrose, Massachusetts

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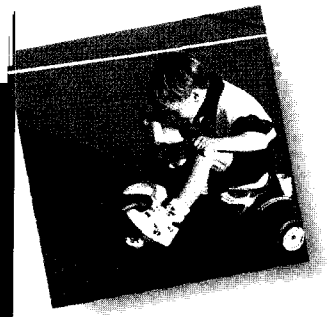

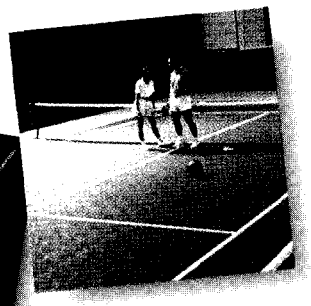

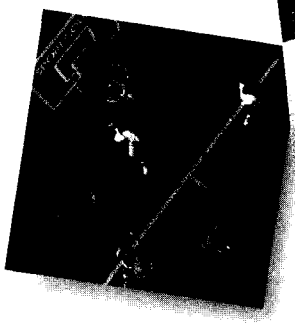

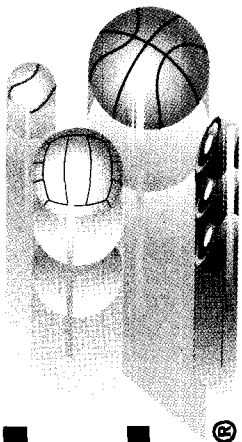

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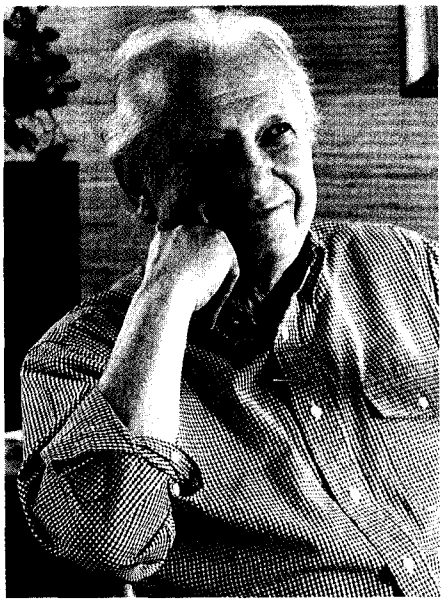
Post People

Since graduating from the University of Chicago Law School in 1934, ***Studs Terkel*** has occupied himself as a Civil Service employee; stage, radio and movie actor; playwright; panel moderator; lecturer; film narrator; music festival host; radio news commentator; and sportscaster. For more than 40 years, he has been heard on Chicago's fine-arts radio station, WFMT, where each weekday evening he hosts "The Studs Terkel Show."

Enough for one man? Not Terkel. Having already published ten books, the best-selling author at age 82 is working on number 11.



Fortunately, his four decades of enlightening interviews are now presented in a six-hour audiocassette package titled—what else?—*Four Decades*. This package includes interviews with such fascinating individuals as Dorothy Parker, Pete Seeger, Gore Vidal, Aaron Copeland, Arthur Miller, Mel Brooks, and Leonard Bernstein, to name a few. ▲

After 30 years, 20 films, two Oscars, and three sons, actress ***Sally Field*** looks much the same as she did when cheerleading at L.A.'s Birmingham High. Not even nonstop work from "Gidget" to *Forrest Gump* has left a mark on her girl-next-door face.

In case you spent the last two years in Timbuktu and missed both *Mrs. Doubtfire* and *Gump*, you were given another chance to look at that face in NBC's miniseries *A Woman of Independent Means*.

But don't get the idea that Sally

Field is seldom home. Her kitchen has a homey, lived-in feel. She cooks almost every day. She also has a gym for daily workouts. "I'm an actress," she says with a laugh. "I've gotta stay in shape. It's boring, but I have to do it. It's my living. I also try to jog 20 to 25 miles a week."

Do these hours of exercise pay off? Sally Field is 48. Any other questions? ▲

Who better to write and record the song "The Time is Now" than ***Twila Paris***, named Female Vocalist of the Year by the Gospel Music Association and proclaimed the No. 1 Christian Songwriter by *American Songwriter* magazine?

What better purpose for the song than as a tribute to Global Mission with Billy Graham? Broadcast from San Juan, Puerto Rico, Global Mission traveled the satellite airways to 165 countries and was interpreted in more than 80 languages. Its potential world-

wide viewing audience: four billion.

As expected, "The Time is Now" sent a call to millions of individuals to "stand in prayer for this largest outreach in the history of the church."

Twila Paris says of the song, featured in her album *Beyond a Dream*, "I feel privileged to honor Reverend Graham for his faithful dedication to providing hope to a hurting world." ▲

"I thought I'd paid my dues in life," says ***John Chancellor***. "With the cancer, fate ambushed me."

After a distinguished 43-year career as a TV journalist, this former "Today" host, anchorman, and NBC news commentator looked forward to a comfortable retirement with Barbara, his wife of 36 years, in their Princeton, N.J., home.

But then this seemingly invincible foreign correspondent, who had covered four wars, finally met his match with a relatively rare, but aggressive, form of stomach cancer. With the disease came the usual feelings of guilt, says Chancellor: "Had I smoked or drunk too much? Exercised or prayed enough? Cancer didn't run in the family, and I wondered, Why me?"

The factors that got him through the dreadful side effects of chemotherapy, he says, were a sense of humor and the help of his best friend, nurse, cook, manager, and housekeeper—his wife. The good news is, John Chancellor now feels well enough to lecture and to resume work on a book about the effect of television on American politics.

"Cancer," he says, "is a reminder of how short a leash you're on. As I read somewhere, 'You want to make God laugh? Tell Him your plans.'" ▲

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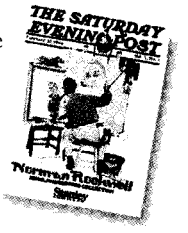

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CAPEL INCORPORATED
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RIDGEWAY CLOCKS The Best Of All Time
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CLOTHES MAKE THE MAN

Our bodies may pass away, writes this Chicago-based syndicated columnist, but our clothes pass on to those who truly need them.

by Mike Royko

Illustrated by Don Trawin

After all these years, I have discovered a hidden benefit in doing this job.

It came in a letter from a nice lady who lives in Arizona.

She had read an old column about my wife's disgust with my winter overcoat, which is 17 years old and has threads hanging from the sleeves and collar, mud and soot stains, missing buttons, and holes from cigarette burns.

Other than that, though, the coat is structurally sound and fends off the wind as well as it did the day I bought it.

And it doesn't smell bad, except in the summer, when I don't wear it anyway.

Like most of my clothes, the overcoat is old and raggedy because I like old, raggedy clothes. Also, I don't believe in wasting money on something new when something old does the job just as well.

In the case of clothing, the purpose is to prevent me from walking around naked. Old clothes do that just as well as something designed by a skinny Italian with one name.

And when I wear my old overcoat, panhandlers never approach me. If anything, they say: "Hey, I got here first. Go hustle the next street."

When she read about my overcoat, the nice lady in Arizona sent this letter:

"I have been a widow since 1990. All this time I have been trying to find a good home for my husband's beautiful and seldom-worn overcoat.

"Would you please accept it in memory of my husband, who was a very kind, gentle, and peaceful human being?

"Please do not divulge my name, as I live alone and it could jeopardize my safety."

The letter arrived in a box. With it, neatly packed in a plastic garment bag, was a splendid, blue-black overcoat that appeared to be made of the finest soft wool.

As the lady said, it had been seldom worn and looked new. It was finer than any coat I have ever owned.

I slipped it on and it fit perfectly. Her husband and I must have been the exact same height and weight.

Just then, two female coworkers dropped in. They immediately oohed and aahed, as womenfolk do when looking at spiffy garments and said: "What a gorgeous coat! Where did you buy it? How dressy! Looks like cashmere!"

I showed them the letter. They sat silent for a while, then one said: "You aren't going to wear it."

Of course I'm going to wear it. Perfect fit. The deceased must have been a fine figure of a man. Why wouldn't I wear it?

Looking queasy, she said: "Well, he's, you know, it belonged to someone who, you know. . ."

"He's dead," the other one said. "Don't you think there is something kind of morbid about wearing clothes that belonged to someone who died?"

I thought about that for a moment or two. Then I pointed out that in this country's wealthiest communities are great mansions and estates that have been handed down from generation to generation.

Wouldn't it sound odd if an heir said: "I cannot live in this 24-room mansion with stables, dining hall,

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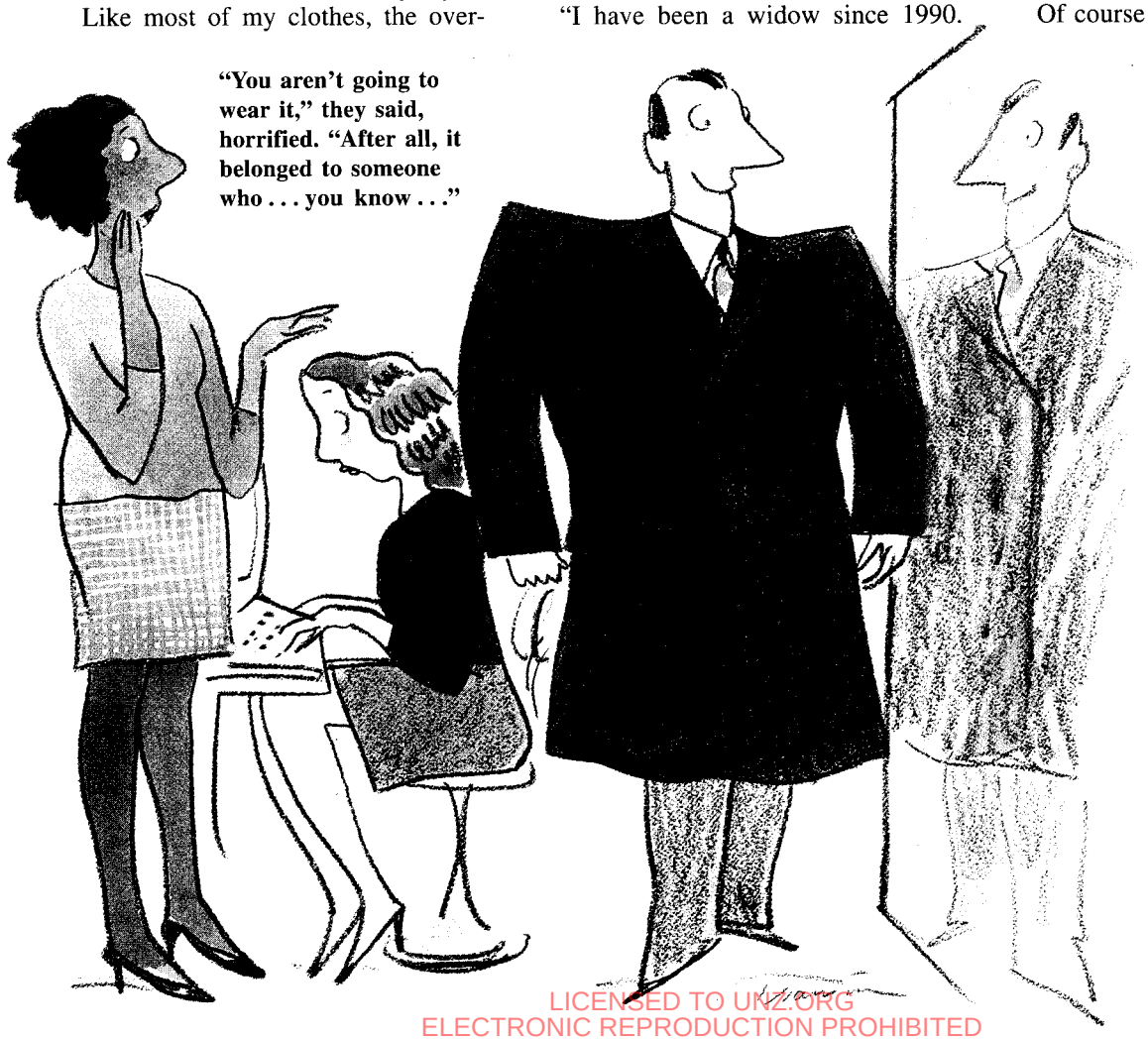

"You aren't going to wear it," they said, horrified. "After all, it belonged to someone who . . . you know . . ."

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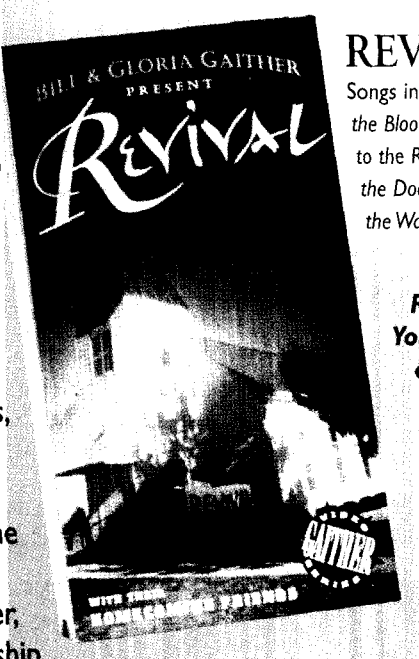
JUST RELEASED

Bill and Gloria Gaither present two new videos featuring the Homecoming Family of gospel greats...

Rejoice with your old friends and meet some new ones, too...

"These wonderful new videos show that innocence and joy and trust aren't just virtues of some bygone time. They're the products of choices that we can still make today."

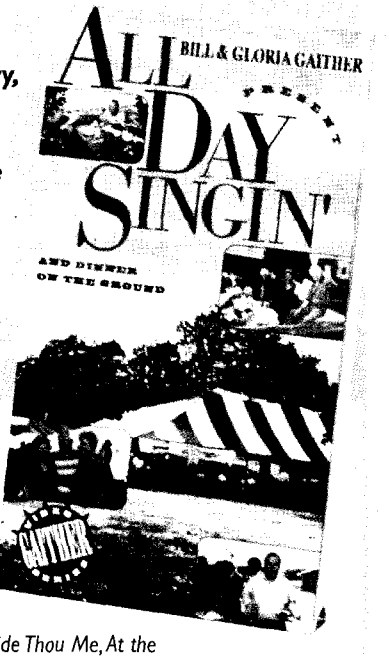
Bill and Gloria Gaither



REVIVAL with Our Homecoming Friends

Songs include: *Revive Us Again, On Jordan's Stormy Banks, Nothing But the Blood, Let's Have a Revival, Hallelujah to the Lamb, Let's All Go Down to the River, Lord I'm Ready Now To Go, He'll Find a Way, Faith Unlocks the Door, I Just Steal Away and Pray, When You Pray, The Answer's On the Way*...and many more!

RECORDED LIVE! You'll smile, laugh, cry, and enjoy yourself immensely! Both videos capture the warmth and fellowship of an old-time gospel celebration.



Bring back happy memories with gifted gospel artists such as the Speers, the Goodmans, the Nelons, the Hemphills, James Blackwood, Hovie Lister, J. D. Sumner, the Florida Boys, the Bill Gaither Trio, Cynthia Clawson, the Cathedrals, Claude and Connie Hopper, and many, many more! Feel a real kinship with Howard and Vestal, Glen, George, and Jake. Keep this priceless heritage of love, hope, and faith alive in your home!

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Songs include: *Shall We Gather at the River, Jesus Hold My Hand, Movin' Up To Gloryland, Lead Me to the Rock, Just a Little Talk With Jesus, Keep On the Firing Line, Grace Greater Than Our Sin, The Old Rugged Cross, Hide Thou Me, At the Cross, There's Power in the Blood, Sweeter as the Days Go By*...and many more!

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REVIEW

BOB HOPE REMEMBERS...

"It is impossible to see how he can do so much, cover so much ground, work so hard, and be so effective," John Steinbeck said of him. "There's a man. There really is a man."

by Michael Allen

Cited by the *Guinness Book of World Records* as the "most honored entertainer in the world," Bob Hope has accumulated more than 2,000 awards and citations for humanitarian and professional efforts, including 54 honorary doctorates.

For 54 years, the entertainer has been the NBC headliner and on top of the Nielsen ratings. Success in radio led to starring roles in more than 50 movies.

He has been honored and befriended by U.S. Presidents since Roosevelt and hailed as "America's most prized ambassador of goodwill throughout the world."

By order of Queen Elizabeth II, he was made an honorary Commander of the Order of the British Empire for his services to British troops during World War II. The media dubbed him "America's No. 1 Soldier in Greasepaint." To the GIs, he was "GI Bob," their clown hero.

Enough already? Not for Leslie Townes Hope, born the fifth of seven sons in Eltham, England, on May 29, 1903. In 1994, his TV special, "Bob Hope: The First 90 Years," won an Emmy; the U.S. Navy announced that it will commission a series of ships in his name, and he returned to his native England ("my parents were English—we were too poor to be British") for a personal tour.

From the crowded pageantry of his 92 years, Bob Hope has put together a multimedia package of reminiscences as a special tribute to the 50th anniversary of the end of WWII. Included are: a souvenir book, *I Was There*; a videocassette, *Bob Hope Remembers World War II—the European Theatre & D-Day*; two compact discs: *Somewhere in Time—the Songs and Spirit of World War II*, recorded by Dolores Hope, and *This is Bob "On the Air" Hope*—which includes "The Bob Hope Radio Show" for the Hollywood Canteen, FDR's D-Day speech, and

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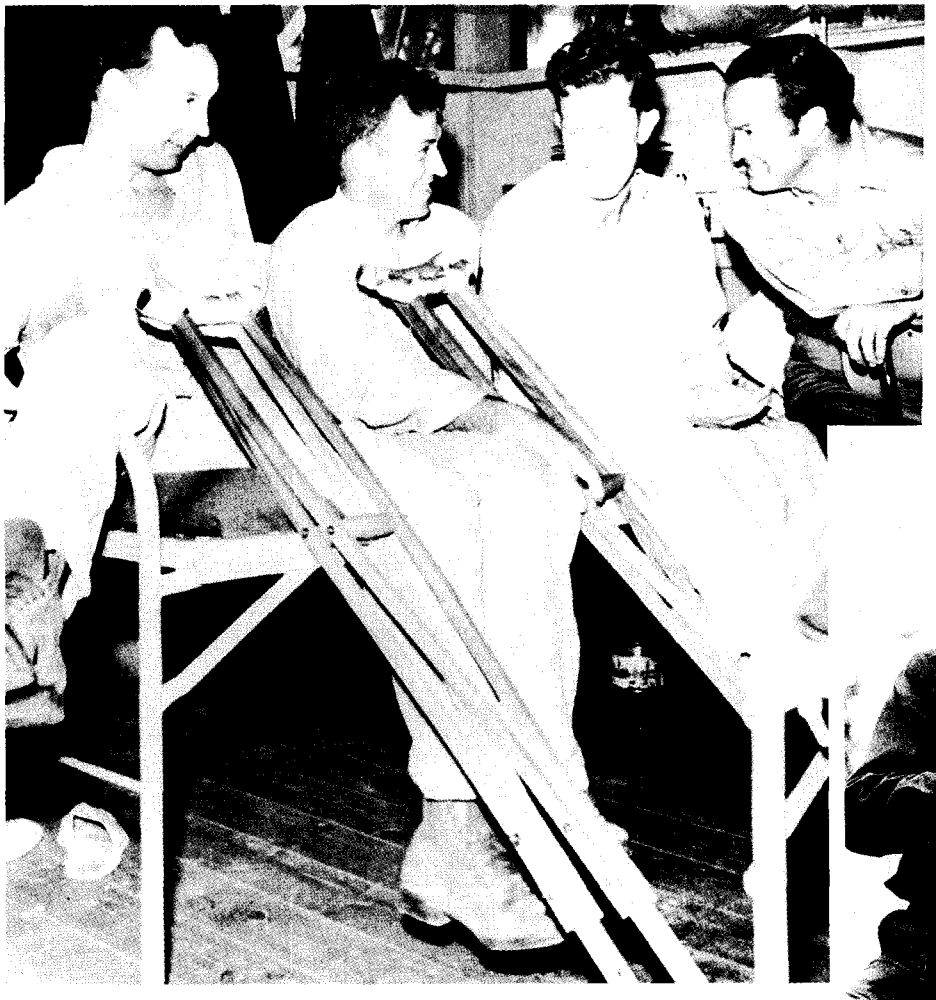

"As time passed, we realized the reason for our overwhelming welcome from troops all over the world was that we spelled, more than anything else, 'home.'" (Right) "Anything for a girl in uniform. This girl is with England's Auxilliary Territorial Service. She wanted an autograph from a big name, so I signed 'Laurence Olivier.'"

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A man opens the door of his house to find it void of furniture. His wife says, "You'll never guess how much money I made on the garage sale today."

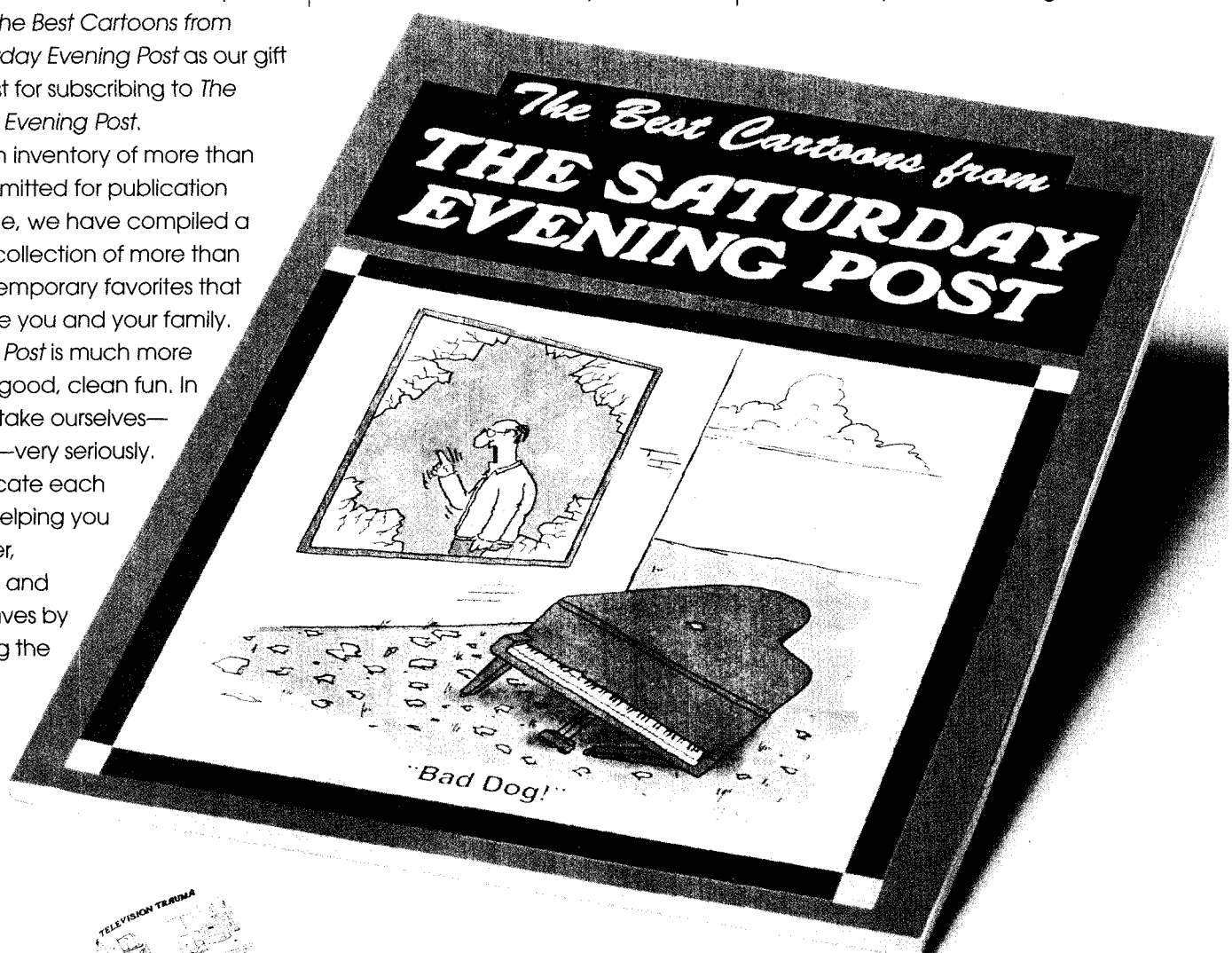
Funny? Yes! But, as the saying goes, "you had to be there." And there you'll be, indeed, when you receive *The Best Cartoons from The Saturday Evening Post* as our gift to you just for subscribing to *The Saturday Evening Post*.

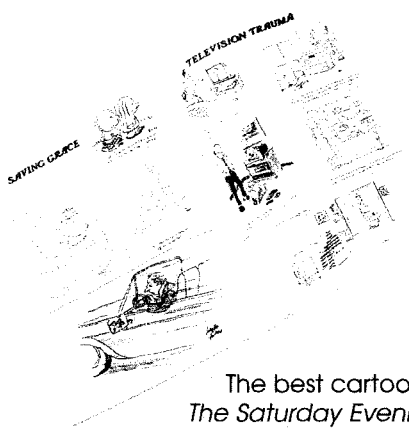
From an inventory of more than 2,000 submitted for publication every issue, we have compiled a hilarious collection of more than 380 contemporary favorites that will amuse you and your family.

But the *Post* is much more than just good, clean fun. In fact, we take ourselves—and you—very seriously. We dedicate each issue to helping you live longer, healthier, and happier lives by publishing the latest in medical information and health tips.

Did we mention the savings? By subscribing to the *Post* today, you can save more than 32%.** And, with a two-or three-year subscription to the *Post* (three years is the best deal), we will send you *The Best Cartoons from The Saturday Evening Post* absolutely FREE when your subscription is paid. It's no joke! FREE! Zippo. Nothing.

This offer alone should have you laughing all the way to the mailbox. Just try not to laugh so hard that we can't read your handwriting.





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HEARTBEAT

The Healthy Heart Report

MORNING SHAKE-UP

Break out the blender to liven up the breakfast routine, and boost antioxidant defenses in the bargain.

by Ted Kreiter

Next time your family wanders yawning into the kitchen asking what's for breakfast, why not shake them up a bit? Take out the blender and whip up a frothy fruit shake or a tangy, sparkling punch. Not only will you make an ordinary breakfast exciting, you will be boosting your family's antioxidant defenses against heart disease and cancer.

Fruits provide vitamin C and beta carotene (a precursor to vitamin A): two of the antioxidant vitamins we all need in abundance to chase away those free radicals that cause disease.

Breakfast is a natural place to start doubling and tripling your vitamin C and beta carotene intake. Simply pick your flavor; strawberries, raspberries, oranges, and cantalope, to name just a few, are rich in antioxidant nutrients.

Quick and easy blender drinks are only one way to boost antioxidants. With more time, you might want to try a new, high-vitamin version of home fries, Root Vegetable Hash Browns. Simply chop up carrots, sweet potatoes, parsnips, turnips, and potatoes; boil until tender, then fry with onion in a little oil for a delicious breakfast treat. Or try a Fruited Toast—whole-grain bread lightly toasted, smothered in a heated mixture of fruits and berries with nonfat cottage cheese. Heart-healthy breakfasts are tasting better all the time!

♥ ♥ ♥

Spiced Punch

(Makes 4 servings)

1 cup water
1½ tablespoons sugar (if desired)
5 whole cloves
½ cinnamon stick
1 cup apple cider, chilled
¾ cup white grape juice, chilled

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Magnesium (Mg) is an essential mineral for the overall health of your heart, muscles, and nervous system. But, unlike calcium, Mg is not found in a few easy-to-target food groups. And some things that do contain a significant amount of Mg are high in sugar or fat (things like nuts and chocolate, which most folks trying to observe a healthier diet avoid like the plague).

A 1994 Gallup survey revealed that about 72% of Americans report an inadequate intake of this vital mineral. And that's not good, for Mg deficiency has been found in patients with hypertension, diabetes, migraine headaches, irregular heartbeat, and osteoporosis and in some asthma patients. So, many doctors recommend an oral Mg supplement for their patients when it seems advisable.

And more physicians specify a Mg chloride supplement than any other kind. Its high degree of solubility allows the Mg to be more effectively absorbed into your system.

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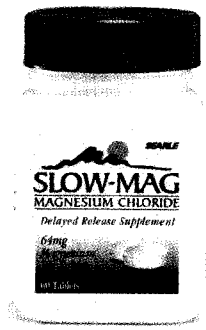

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HEARTBEAT

¼ cup lemon juice
Ice cubes

In saucepan, combine water, sugar, and spices. Bring to boil; stir to dissolve sugar. Reduce heat and simmer 5 minutes. Chill; remove spices. To serve, combine all ingredients in punch bowl. Float lemon cartwheel slices in punch, if desired.

Per Serving (¾ cup):
Calories: 83 | Carbohydrate: 20.5 gm
Cholesterol: 0 mg | Protein: trace
Sodium: 8 mg | Fat: trace
Vitamin A: 3 RE | Vitamin E: 0.2 mg
Vitamin C: 7.9 mg
Diabetic exchange: 1⅓ fruit

♥ ♥ ♥

Root Vegetable Hash Browns

(Makes 6 servings)

2 cups sliced red potatoes
1½ cups carrots (sliced to look like coins)
1 cup parsnip wedges
1 cup sliced sweet potatoes
½ cup chopped onion
1 tablespoon corn oil
¼ teaspoon black pepper

Steam vegetables in ½ cup water in covered pan about 7 minutes or until crisp-tender.

Sauté onion in corn oil about two minutes in skillet. Add rest of crisp-tender vegetables and cook, stirring frequently until tender and browned (about 10 minutes). Sprinkle with pepper and serve.

Per Serving (1 cup):
Calories: 123 | Carbohydrate: 22.7 gm
Cholesterol: 0 mg | Protein: 2.4 gm
Sodium: 38 mg | Fat: 2.5 gm
Vitamin A: 1297 RE | Vitamin E: 4.6 mg
Vitamin C: 23 mg
Diabetic exchange: 1 bread + 1 vegetable + ½ fat

♥ ♥ ♥

Coffee Banana Shake

(Makes 2 servings)

¼ cup dry powdered milk
1½ cups ice water
1 ripe medium banana, peeled
1 teaspoon decaf granules
3 tablespoons malted milk powder
⅛ teaspoon nutmeg

Combine all ingredients in blender. Blend 1-2 minutes until shake is smooth and thick.

Per Serving (about 1 cup):
Calories: 159 | Carbohydrate: 29.3 gm
Cholesterol: 5 mg | Protein: 7.1 gm
Sodium: 134 mg | Fat: 1.5 gm
Vitamin A: 97 RE | Vitamin E: 0.3 mg
Vitamin C: 6.5 mg
Diabetic exchange: 1 skim milk + 1 fruit + trace fat

"Now tell me you had this for lunch."

♥ ♥ ♥

Low-Calorie Fruit Nog

(Makes 2 servings)

½ cup orange juice
½ medium banana, cut into chunks
¼ cup skim milk
¼ cup egg substitute
2 teaspoons sugar or sugar substitute (if desired)
2-3 ice cubes

In blender, combine all ingredients and blend until smooth.

Per Serving (6 oz.):
Calories: 109 | Carbohydrate: 20.6 gm
Cholesterol: 1 mg | Protein: 5.4 gm
Sodium: 73 mg | Fat: 0.4 gm
Vitamin A: 53 RE | Vitamin E: 0.6 mg
Vitamin C: 34.1 mg
Diabetic exchange: 1 fruit + ½ skim milk

♥ ♥ ♥

Strawberry Orange Spritz

(Makes 4 servings)

1 cup strawberries
1 cup orange juice
1 cup sparkling citrus water
¼ teaspoon mint flavoring

Combine all ingredients in blender and blend until smooth. Serve over ice if desired.

Per Serving (¾ cup):
Calories: 42 | Carbohydrate: 9.3 gm
Cholesterol: 0 mg | Protein: 0.6 gm
Sodium: 7 mg | Fat: 0.2 gm
Vitamin A: 5.9 RE | Vitamin E: 0.2 mg
Vitamin C: 46 mg
Diabetic exchange: ⅔ fruit serving

♥ ♥ ♥

Fruited Toast

(Makes 4 servings)

4 thick slices whole-grain bread, lightly toasted
¾ cup sliced fresh strawberries
2 kiwis, peeled and sliced

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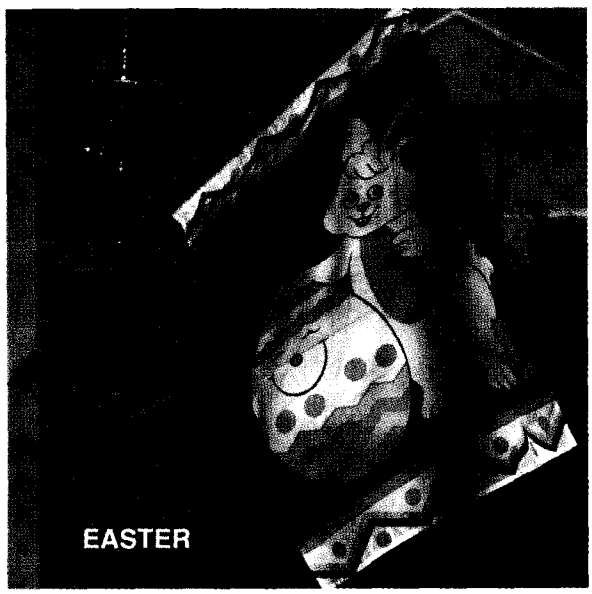

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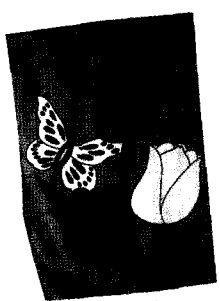
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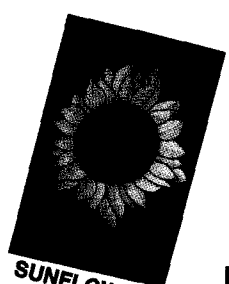
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LET'S HEAR IT FOR RHETORIC!

To dress ideas in the most attractive clothes—that's the bottom line.

by Wen Smith

Illustrated by Don Trawin

My wife shook me from a fitful slumber. The TV set was still on.

"It's midnight," she said, "and you're mumbling."

"I don't mumble," I said. "I was talking with Aristotle."

"In Greek?" she said.

"I think so. He understood perfectly."

"Better turn that thing off and go to bed," she said. "You wouldn't recognize Aristotle if you were face to face."

"It was Aristotle, all right," I said. "He was wearing a toga."

"Romans wore togas, not Greeks," she said.

"Look," I said, "was this your dream or mine?"

"What were you talking to Aristotle about?"

"Rhetoric," I said.

"You heard that on C-SPAN," she said. "You started snoring while the House was on 'Special Orders.' "

I remembered two clowns in Washington slinging words around like Frisbees. They said the new majority's "Contract with America" was "mere rhetoric."

"Just then Aristotle came in. He said, 'Gentlemen, you're giving rhetoric a bad rap.' "

"Aristotle used the word 'rap'?" my wife said.

"That's what he meant," I said. "And I whispered, 'You tell 'em, Ari! You defined rhetoric as an art, the craft of the orator.' And he said, 'Yes, the best words in the best order.' "

"That was Coleridge," my wife said. "And it's not what people mean by 'mere rhetoric.' "

"Aha!" I said in Greek. "In Washington, rhetoric is not the craft of using language. It's the use of crafty language."

"I suppose Aristotle agreed," my wife said.

"He said I had put it very rhetorically."

I got up from my recliner.

"Going to bed? It's about time."

"No," I said, "I'm going to the word shop to prove what rhetoric does for ideas."

"How can you do that?" she said.

"A snap," I said. "I'll take some famous lines and shake the rhetoric out of them and see what's left."

Next morning, I showed her my rhetoric-free revisions:

- "The earth wasn't much of anything until God said, 'Lights!' and the lights came on. 'That's good!' He said."—Genesis 1:2-4
- "Should I really live or what? That's the bottom line."—William Shakespeare (*Hamlet*)
- "A rose smells just as good no matter what you call it."—William Shakespeare (*Romeo and Juliet*)
- "Give me freedom or kill me."—Patrick Henry
- "Dad, I'm gonna give it to you straight, because that's the way I am."—George Washington
- "What I'm sorry about is that I can't die for my country two or three times, over and over."—Nathan Hale
- "Don't ask who the bell is ringing for."—John Donne
- "Never mind the torpedoes! Floor it!"—Admiral David G. Farragut
- "It was the best time in history,

Just then Aristotle came in. He announced, "Gentlemen, you're giving rhetoric a bad rap."

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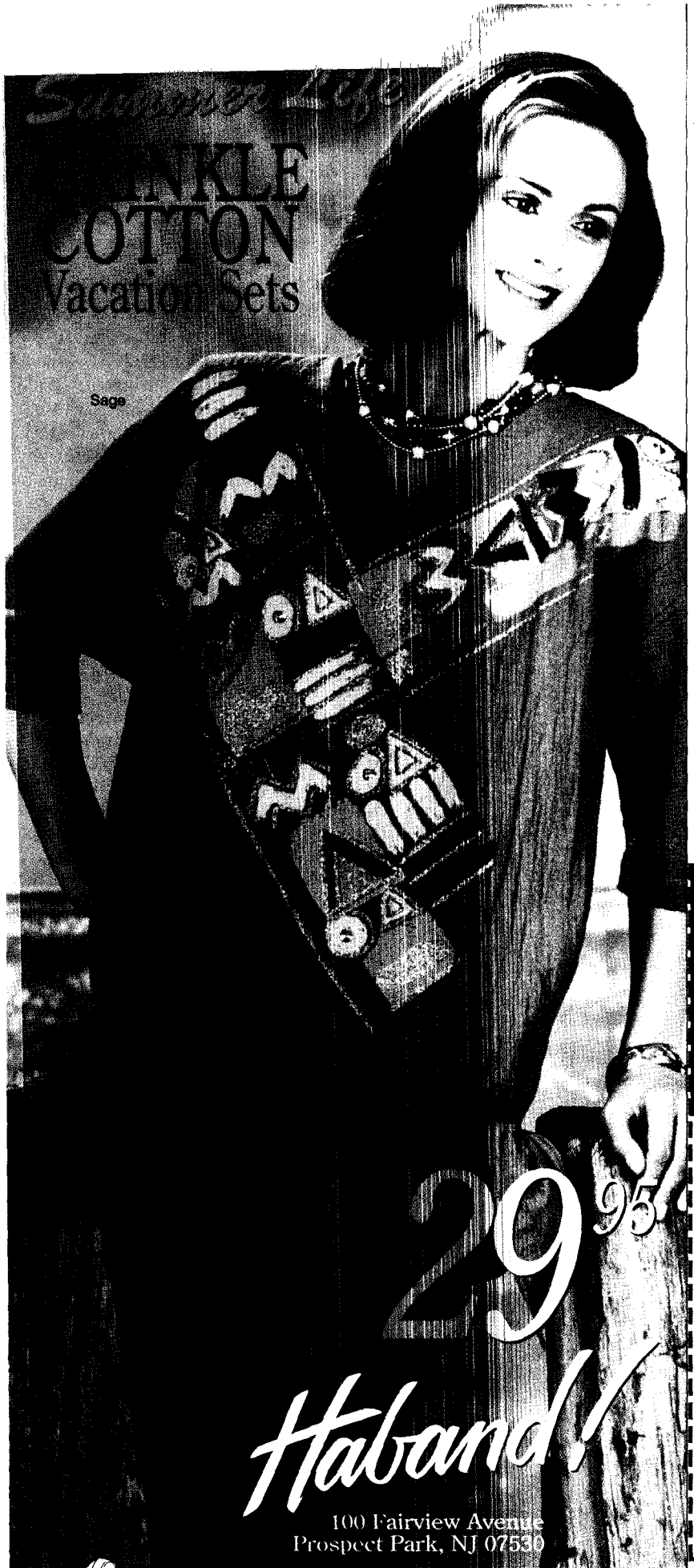

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SENIORS "IN LINE" TO SHAPE UP

Line dancing helps seniors boost body and soul.

by Carol Krucoff

Illustrated by Don Trawin

At 80, Verna Minning knows nearly as many line dances as the years in her age and has missed just one line dance class in the 2½ years since she first learned the Electric Slide at Leisure World in Silver Spring, Maryland.

"I'm making up for lost time," says Minning, who loved dancing but remained on the sidelines for 46 years because "I married a man whose only fault was that he didn't dance." A former schoolteacher and homemaker from the nearby town of Potomac, Minning moved to Leisure World in 1990 after her husband died. She attended a line dance class there at the urging of a relative and says, "I loved it the minute I started. I enjoy the music and the people and the way dancing makes me feel so peppy in my heart and my mind."

Minning now takes three line dance classes a week and performs with a troupe of 24 women, ages 50 to 83, called "Dancing Is Our Line." Wearing cowboy boots or jazz shoes and identical T-shirts, the line dancers entertain audiences at varied locations, from nursing homes to the Kennedy Center. "I always have a better day when I dance," Minning says. "I keep my radio on all the time so if anything comes on that I can dance to, I go swinging around the room."

Performed without a partner but in a group, "line dancing is as old as dance itself," writes Eastern Illinois University dance professor Ollie Mae Ray in her book, *Encyclopedia of Line Dances*. Popularized by the 1977 movie *Saturday Night Fever*, line dancing exploded into clubs, bars, and recreation centers across America in 1993 with the chart-topping song-and-dance hit "Achy Breaky Heart." Today's line dances incorporate many musical styles—from country to rock to rap—and are particularly popular among singles and seniors because they're performed solo, but are extremely sociable.

"Line dancing is a great way to meet people," says Ray. "And it gives you a terrific psychological boost because learning a new dance provides a wonderful feeling of accomplishment." It's also great exercise, says Ray, whose studies indicate that continuous line dancing provides cardiovascular benefits similar to those conferred by medium-impact aerobics. Plus, it improves flexibility, balance, and coordination. "It's so much fun that many people don't realize what a workout they're getting," Ray notes. "But when you do fast dances like Slappin' Leather, it gets your heart rate up, and dances like the Tush Push really work the muscles in your legs and lower body."

When she teaches at senior centers, Ray encourages people in wheelchairs to join in by moving their upper bodies. She also teaches "hand-jive" dances like the Ding Dong Daddy. "Even people who say 'no way' to exercise will participate," she says, "because it's such fun."

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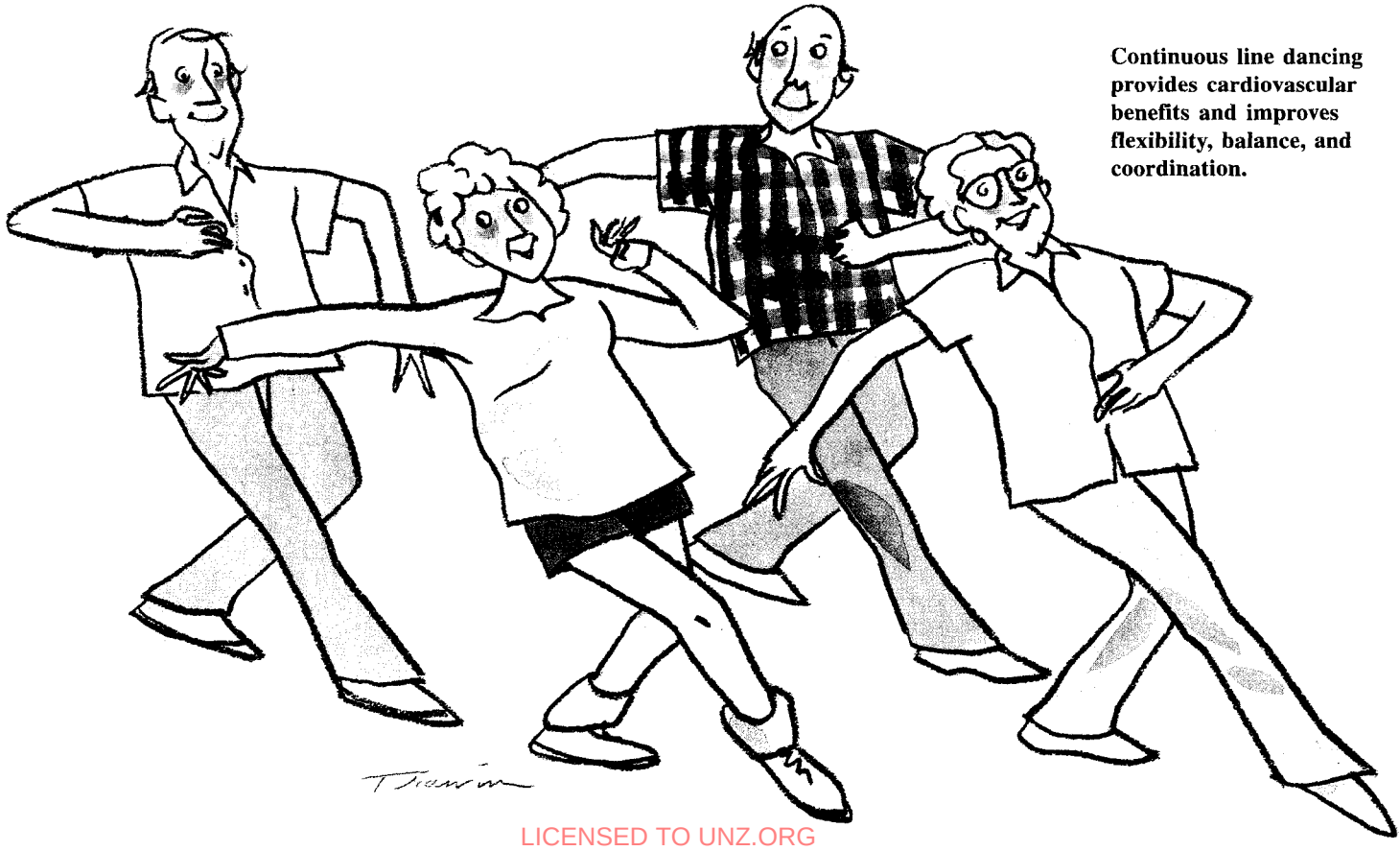

Continuous line dancing provides cardiovascular benefits and improves flexibility, balance, and coordination.

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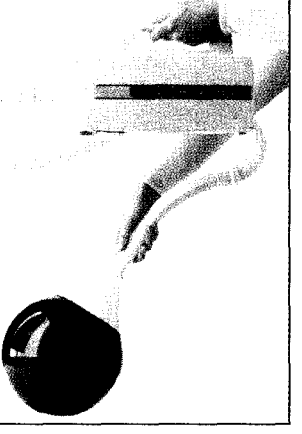

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SPEAKING OUT

"WE HAVE A KIDNEY FOR YOU"

Music to the ears of a kidney dialysis patient, waiting for a miracle. Although organ-transplant specialists have made tremendous advances in their field, scientists can't lick the organ-donor shortage.

by Dale W. Hagen

"Hello. This is Lifelink Transplant Center in Tampa. Great news! We have a kidney for you."

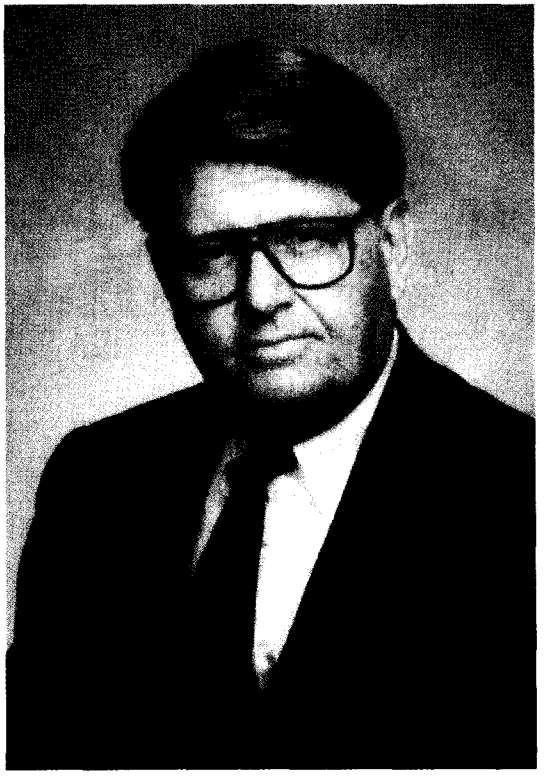
The air whooshed from my lungs as if I'd taken a sucker punch in the gut from Joe Louis in his prime. The best I could manage was a lame "Please tell me you're not kidding."

"No joke," she replied. "We not only have a kidney for you, but it's a 'six.' "

(In transplant jargon, sophisticated organ matching techniques revolve around the similarities of six genetic-structure characteristics called "HLA antigens." A "six" means that all six HLA antigens match—a rarity.)

"My God! A perfect match," I said, still gasping for breath. Having been on the transplant list for only 14 days, I had consciously put all thoughts of a transplant pretty much on hold—for six months, at least.

"That's right," she assured me. "Of course, we won't know whether it's a go for you until the kidney arrives later today, but it looks good. How soon can you get here?"



Dale Hagen shares his gratitude to the caring family whose young son provided a lifesaving kidney for him, but advises you to check health insurance coverage *before* you need a transplant.

"Well, I just started a dialysis session. That will take half an hour, and I live an hour-and-a-half away. Two-and-a-half hours, max?"

"Make it sooner if you can," she said warmly. "The hospital will be expecting you. Congratulations. Good luck."

I stared at the dead phone receiver until the sound changed from an angry mosquito buzz to an irritating, shrill beep. Then I called downstairs, very quietly, to my wife: "Sharon, I think you better come up."

When I told her, she gulped and crumpled onto the bed. "My God. What do we do now?" she asked.

"We pack for two or three weeks in the hospital and try to drive to Tampa without killing ourselves." I was trying to stay calm, but I wanted to climb out on the roof and scream, "I'VE GOT A NEW KIDNEY!"

During the ride to the hospital, I ruminated about the past two years since my kidney failure had been discovered during a routine physical examination. Inexplicably, my doctor in New York had failed for ten years to notice my elevated blood creatinine, the sure symptom of kidney problems. I thought about the 18 monthly visits to Johns Hopkins for the Walser study group, stressing a diet of only fruits and vegetables, the surgical insert of a permanent catheter, and the five months of four-times-a-day, home, peritoneal dialysis. With luck, that was all over.

Once at the hospital, despite the urgent, eerie, almost soundless rush of being wheeled here and there for this blood test and that x-ray and sweating out the final matching test, total serenity enveloped me like a child's quilted snowsuit. My mind seemed to detach from my body and hover over the brisk proceedings, as though I were observing a stranger in a movie careening down long halls. Finally, at 4:00 a.m., we eased into the stark, bright, snow-white, tiled operating room. There was no time to be afraid.

As the orderlies nudged open the swinging doors marked FOR STAFF ONLY (my new kidney sitting beside me on the gurney in a fire-engine-red box marked "ORGAN. HANDLE WITH CARE"), Sharon kissed me and whispered, "Don't worry. You're in God's hands now."

Apparently so. A superb surgeon, Dr. Victor Bower, who had trained many transplant specialists throughout the United States, had me on my feet in two days and home in an astounding seven days with a fully functioning kidney, giving me a total three, two of which (my own) were functioning at about 3 to 5 percent efficiency.

The transplant surgery procedure itself was but one step in my recovery process—the major battle in a long

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I give: (a)_____ any needed organs or parts
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Specify the Organ(s) or Part(s)

for the purposes of transplantation, therapy, medical research, or education;

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Limitations or special wishes, if any: _____

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Signed by the donor and the following witnesses in the presence of each other.

_____ _____
Signature of Donor Date of Birth of Donor

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Signed by my next of kin: _____

war. When a new organ (kidney, heart, liver, or lung) is transplanted from one human body to another, the immunity systems rush all forces to the location of the transplant to repel the "foreign invader"—rejection, dreaded by all organ recipients.

At this point, an incredibly efficient transplant team takes over to administer an immunosuppressive regimen of various drugs to prevent rejection. Drugs (in my case, Imuran, cyclosporine, prednisone, antibiotics, and hypertension control pills) are monitored closely, and varied constantly, to fool the body into believing that the new kidney belongs there.

These drugs may have distinctive side effects (some very nasty indeed, such as cataracts and diabetes). Also, the trick is to find the exact doses, in combination, high enough to prevent rejection but low enough to avoid the toxic drugs from damaging the new kidney itself. Numerous visits to the transplant center for blood tests and dosage stabilizing follow the operation for 30 or even 60 days, depending on the initial success of the transplant.

Success is initially gauged by the graft survival rate of the organ for one year, although rejection is possible at any time. Because of my perfect "six," my chances of keeping the kidney and living a normal life for years are better than 90 percent, barring some unforeseen complications.

Some days after the operation, I learned that my kidney had emanated from a man in his 20s who was killed in an automobile accident in Michigan. I will not live one day for the rest of my life without pausing a few minutes to give thanks and gratitude for this young man's act of kindness and ultimate generosity, and for the understanding of his family. I will probably never meet them, but they, too, will remain in my thoughts, every day, forever.

Tremendous progress has been made in the transplant field over the years (as recently as 15 years ago, the average stay in the hospital was two months). However, new drugs that prolong graft survival are either: (1) in the pipeline for clinical evaluation with the FDA, or (2) stagnating in an impossible bureaucracy. Other problems that mar an otherwise spectacularly successful treatment program for kidney failure patients include:

"Don't take your organs to heaven. God knows we need them here on earth!"

• Cost factors. The surgery is expensive. So is dialysis. My operation rang up $90,000; heart or liver transplants cost twice that much, and more. Fortunately, the treatment of end-stage renal disease patients is covered by a Medicare program open to people under the age of 65. This program came about in the mid-'70s when people literally died on the steps of dialysis centers because the centers refused treatment without payment ($25,000 to $30,000 a year). Public outcry became so great that even Congress listened, passing a law that placed 80 percent of the costs of dialysis (but not prescription drugs) and *all* the direct surgery costs of a transplant under Medicare, for people of all ages.

Nearly 25,000 people are on the waiting list for a new kidney, yet the number of organs donated each year is less than one fourth that amount. You can lessen the odds of people dying while waiting for an organ by filling out the organ-donor card above and telling your family about your decision.

My experience with insurance payment may be instructive about how things happen in the real world of health-insurance coverage. I am a 57-year-old attorney. For more than 40 years, I was covered by health insurance. Either through my employers or out of my own pocket, hundreds of thousands of dollars in premiums were paid to various insurance companies. Until my kidney failure, I never put in a claim for one nickel.

When I finally reached my sizable deductible and put in a modest claim for a doctor's visit, the insurance company immediately canceled my insurance. Against the law? Can't do that, say you? In Florida they can—and do.

It works this way. A few years ago, at the behest of the insurance lobby, a compliant Florida state legislature passed a law. The law allows the insurance carrier: (1) to place all individual policyholders in artificial, on-paper only "groups"; (2) to discontinue any of these "groups" in total (to

continued on page 82

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Advertisement

308 Vinegar Home Remedies for a Longer, Healthier, Happier Life

CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of $12.95 plus $2 shipping and handling simply do this:

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WWII Videos

World War II

The Music Video-Vol. 1

Twenty great hits from an era when the songs and the stars who sang them really made a difference. Here is the music we danced to... romanced to... Rarely seen songs and dances performed by the most popular stars of the decade. 60 minutes.

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They were all in this one... Katherine Hepburn, Helen Hayes, Paul Muni, Harpo Marx, Tallulah, Gracie Fields, Edgar Bergen, Ray Bolger, George Jessel, Ethel Merman, Johnny Weissmuller, and dozens more... And the bands – oh those big bands! Benny Goodman, Xavier Cugat, Guy Lombardo, Count Basie, Kay Kyser... the list of stars and performers just goes on and on. If you forgot what they looked like, here's a piece of history that will bring them all back. Simply outstanding! 1943 B&W 2 hrs. 12 min.

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Clark Gable & Lana Turner

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The White Cliffs of Dover

with Irene Dunne, Van Johnson, Roddy MacDowall, Peter Lawford, Frank Morgan

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WWII

Stage Door Canteen

44 Original WWII Hits by the Stars That Made Them Famous

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OUR GUARANTEE:

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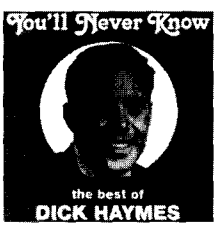

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POST SCRIPTS

Spring Renewal

It must be spring;
I hear the robins sing.
The scent of blossoms
fill the air,
and a sense of hope
is everywhere.

—Antonietta M. Maienza

Beauty Parlor Blues

Last month I had my hair done,
Never mind how much I spent.
Today, the curl's all gone,
Why was it called a permanent?

—Rose L. Korotkin

It All Flows Together

One day, as my six-year-old daughter and I were driving down the road, my daughter saw two water towers along the side of the road.

"What are those, Mom?" she asked.

"Those are water towers," I answered.

Her almost-immediate reponse was, "Which one's the hot and which one's cold?"

—Christine M. Irvin

An End to the Means—Finally

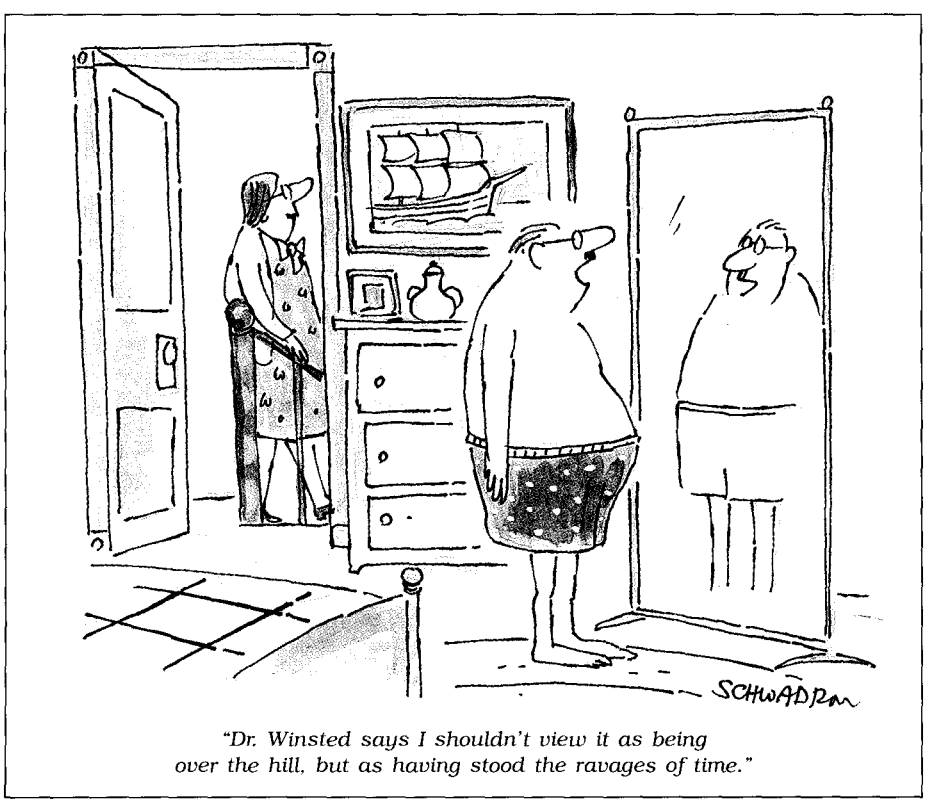
There once was a dog in travail
Who spent his days chasing his tail,
Till he met a sweet poodle
And fell, kit and caboodle.
Then his former pastime grew stale.

—Doris Hier

A Plea for "Home Improvement"

Oh, husband mine, I do implore
Come home to me and our children four.
Please break this bond with vises and rakes.
Do show you have the strength it takes
To come home from the hardware store.

—David Penniman



"Dr. Winsted says I shouldn't view it as being over the hill, but as having stood the ravages of time."

Play It Back, Please

You never realize the way you talk until you hear your kids.

—L. Jeanine Smith

That Word

When baseball finally resumes,
An additional issue certainly looms:
After settlements of money, salary caps, and the like,
Will home plate umpires still be permitted to call 'strikes'?

—Eli Cass

Dear Doctor

Please answer my question
Without any quibbles—
How can someone so schooled
Write with such scribbles?

—Guy Belleranti

Unconditional Love

If you like anticipation, you will love playing golf.
You never know where the ball will go, as you swing the club aloft.

Then there's the game of hide-and-seek you often get to play
As the ball slips in a hiding place, sometimes it's there to stay.

But the ball, just like magic, can avoid every cup.
It either goes much too slow or, surprisingly, speeds up.

Somehow golf gets into your blood;
You want a game another day.
You think perhaps you'll score much less,
And now and then you may.

—Ruth Pendleton

Crazy on a Ship of Fools

The skipper is a racing freak:
He steers and calls the shots.
He's desperate for a winning streak—
But the crew's tied up in knots.

—Dianne Boyd

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Toothsome Response

Recently, my five-year-old son, Will, was explaining the tooth fairy to his three-year-old brother, John. "So, you put your tooth under your pillow, and then the tooth fairy will leave you some money," Will explained.

"So you can buy a new tooth?" John replied.

—Teresa Gibbons

Handy Work

Cross-stitch and embroidery,
crochet, knitting too;
Tapestry's OK by me,
if it's OK Bayeux.

—Sharon Tregenza

Perfectly Logical

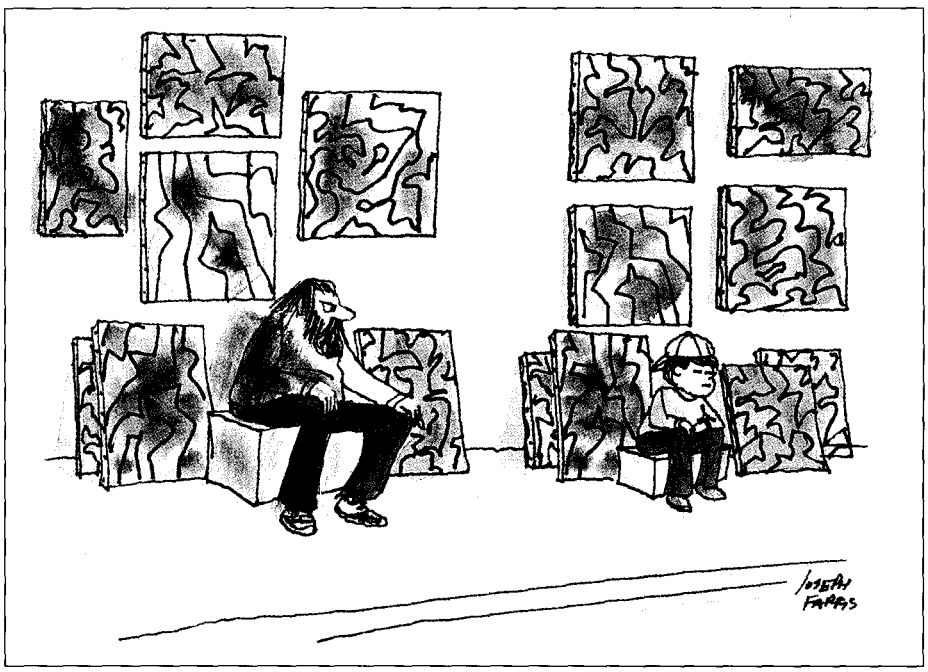
On his door,
A nuke scientist on a mission
Has this sign:
Gone Fission!

—Shelby Friedman

Wearing of the Green

The lawn of our neighbors
Is velvet with poise.
While they're raising greenery,
We're raising boys.

—Doris Backholm



Dig This

"I'd rather hoe
Than shovel snow,"
The gardener said with pride.

"To work the soil
Beats winter's toil;
It's much more DIGnified."

—Jack K. Ayre

Thoughts of a Male Chauvinist

Most all men wish to marry;
Some may hurry while others tarry.
To choose the woman presents a task,
For during courtship they wear a mask.
Possess she beauty, or be she plain
Warrants not she'll be not vain.
Is she affectionate, or is she cold?
The truth in marriage can be told.
To have some brains would suit me fine,
Provided hers exceed not mine!
Then blessed with children, with pride my chest will burst,
Or should they prove that I've been cursed?
A simple solution—this one or the other?
I'll play it safe and stay with Mother!

—Anthony F. Gulotta

Dining Ins and Outs

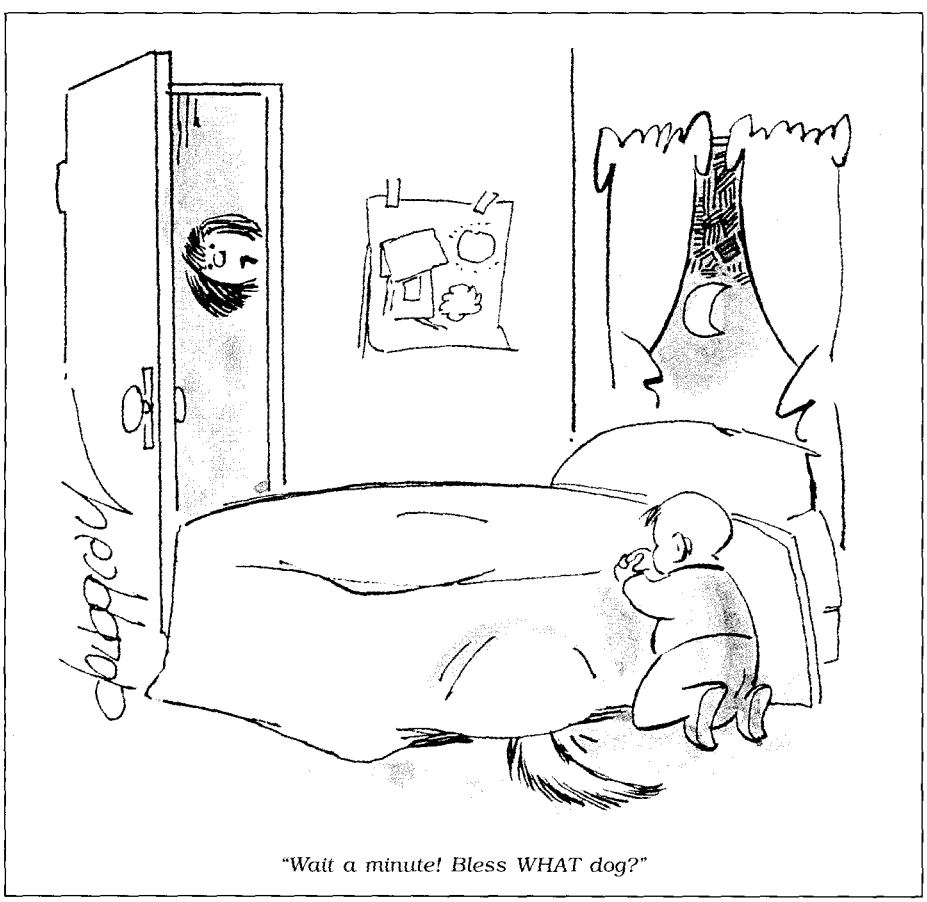
"What would you like for supper?" I asked,
As time to get it draws near.
The day has been good so far,
But I hate it when suppertime's here.
I don't mind the cleaning,
The dishes or making the bed,
But oh, the planning of meals
Drives me out of my head.
The man retires forever,
But his wife, the cook—not ever.

—Louise E. Burkett

Lots of It

Some economists
Are so far off their targets
That I now realize
What is meant by "bull" markets.

—Herm Albright



"Wait a minute! Bless WHAT dog?"

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LYNNE RUSSELL: CNN'S STRAIGHT-SHOOTING ANCHORWOMAN

During the day, the multifaceted Russell moonlights as a sheriff's deputy and private eye; at night, she's the star of Ted Turner's "Headline News."

by John Christensen

To millions of cable-TV viewers worldwide, Lynne Russell is the red-haired, dark-eyed "Headline News" anchor who, for the past 12 years, has taken them around the world in 30 minutes. Yet Russell spends only four hours on camera each weekday evening. Away from the cameras, she has another life as a female Walter Mitty with a taste for law and order.

Some days, she straps on a gun and bulletproof vest and directs traffic. Other days, she supervises a road race or screens visitors at Atlanta's Fulton County Jail as a volunteer deputy sheriff. Still others, she is an unpaid private investigator and must conceal her sleek, SIG-Sauer 9mm "short" pistol while she escorts a celebrity or goes on a stakeout to observe someone faking injury claims.

Almost any outing could put her, literally, in the line of fire. Given her achievement level, a new five-year contract, and an income well into six figures, the risks would seem to far outweigh whatever satisfaction she might get. It is all the more remarkable to everyone that she does these things without pay to avoid conflict with her job at "Headline News"—everyone, that is, but Russell.

"Who wants to be safe all the time?" she asks. "If you're afraid of everything, you won't accomplish anything. I'm not saying this is a big achievement, but it's big for me, and I'm having fun."

There is a precedent for this kind of behavior in Russell's family. Her Aunt Mary, one of her mother's six sisters, went to Hawaii on a vacation in the late 1930s and enjoyed herself so much she never returned. Although it is true that on the morning of December 7, 1941, she waved gaily at the planes passing overhead, thinking they were American, she was nevertheless unerring in her sense of purpose. It simply was not in Aunt Mary to act the way others thought she should; for that reason, she was Russell's favorite.

Last year, Russell earned her black belt in Choi Kwang Do, an ancient Korean form of martial art. Since taking up karate in the mid-'70s, she says, "I've felt this need to stretch myself, to see how far I can actually go."

"She was such an individual," Russell says. "She always did what she felt she had to do."

Russell was born in New Jersey November 1, 1946, to John Russell, a career Army officer, and Carmela Pasqualina Evan–gelista, a homemaker. The couple didn't meet until they were in their mid-30s, and were nearly 40 when their only daughter was born.

They moved so often that Russell can't remember whether they lived in Albuquerque, New Mexico, twice or three times. However, she does remember graduating from high school there, and she recalls that no matter where they were, her childhood was a "fairy tale." Her parents were conservative and not particularly well-off, but they were unstinting with their affection.

"They accepted me unconditionally," she says, "but they weren't indulgent. I had a strict Italian mother who was going to do what was best for me, even if it killed me. She wasn't above whupping me on the side of the head if she felt I needed it. She's been so devoted to me, it's like I'm her life's work, even at 87. Sometimes I want to take her by the shoulders and shake her to remind her she has a life of her own."

When Russell married disc jockey Jim Dunlap in 1978, she wrote her father, saying that at last she had found a man as loving, intelligent,

continued on page 77

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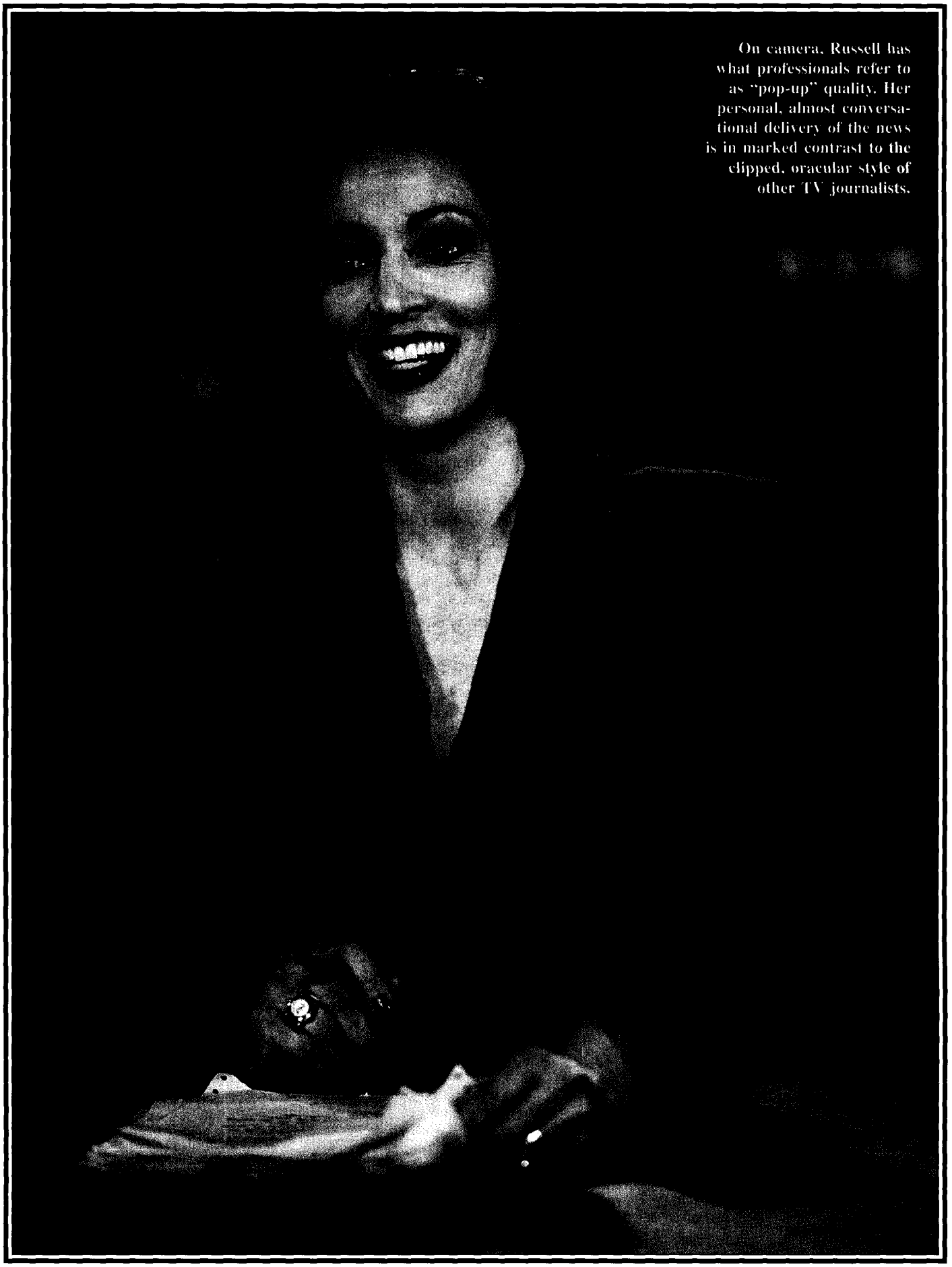

On camera, Russell has what professionals refer to as "pop-up" quality. Her personal, almost conversational delivery of the news is in marked contrast to the clipped, oracular style of other TV journalists.

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POST BOOKSHELF

HOW TO GIVE SO IT DOESN'T HURT

You can't take it with you, so the next best thing (other than spending it before you go) is to make sure it doesn't start family feuds or cause the IRS to become your most prominent heir.

by Maynard Good Stoddard

Illustrated by Don Trawin

Beyond the Grave: The Right Way and the Wrong Way of Leaving Money to Your Children (and Others)
by Gerald M. Condon, Esq., and Jeffrey L. Condon, Esq.
360 pages, HarperBusiness, $23.00

Did you know that if you can't provide for your grandchild's education while you are living, it's possible to do so beyond the grave?

Are you familiar with the adage "if you don't want the blame, treat your children the same"?

Does Mom realize that each $10,000 gift she makes now will mean $5,000 less the IRS won't get later?

Did you know that you can give away an income-producing asset but still retain the right to receive the income?

You'll find the details anchored solidly in the 360 pages of *Beyond the Grave: The Right Way and the Wrong Way of Leaving Money to Your Children (and Others)*. Written by the father-son lawyer team of Gerald M. Condon (father) and Jeffrey L. Condon, the reader-friendly book deals with everything from second spouses, in-laws, and real estate to income-producing property, gifts, and the competence of heirs.

Specialists in inheritance planning, the Condons have seen it all. Gerald alone claims 35 years' experience as a family inheritance-planning attorney. It thus behooves a parent with no plans for a coffer in his coffin to pay attention.

Let's say that you would like to provide for that little granddaughter's college education, but your current income bracket doesn't provide the possibility. What to do?

First, you can invest in an insurance policy on your grandchild's life, a policy owned by her. At college age, she can borrow against the policy's equity. By borrowing (rather than cashing in the policy), she will not have to pay an income tax—and the policy remains in effect.

Second, in your will or living trust (see sidebar), specify that a portion of your wealth be held "in trust" for your grandchild's educational purposes. When you die, a trustee will hold the

"If you don't want the blame," asserts a California father-son lawyer team, "treat your children the same." That means avoiding scenes like this one by dividing your inheritance equally among your heirs.

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So you want to provide for your darling granddaughter's future college education. Be sure you make out the check to a trustee at the college who will hold the funds for that purpose; that way, nobody has to pay any tax on it.

funds for that purpose. (Note: If your financial situation allows you to write a check to cover college expenses when the time comes, the Condons warn against making the check payable to the grandchild. Not that she might run off to Reno and blow the whole wad at the gaming tables, but by making the checks payable to the school for tuition, this expense can be covered tax-free, with no gift tax for you, no income tax for your grandchild. Also, if you are fortunate enough to have this concern, the amount will not come off your $600,000 Lifetime Exemption.)

Third, there's the Family Limited Partnership. This applies to giving a grandchild securities, bonds, or real estate that she can do absolutely nothing with—except retain. Once the asset is transferred, it becomes Partnership property. However, as General Partner, you (the giver) continue to control it. Dear little grandchild is prohibited from selling, transferring, or encumbering the property.

Then there's the not easily ignored advice concerning charities. Should you have more property than cash, and charities are dialing your number or stuffing your mailbox with urgent requests for a starring role in your will, you'll find that they are not eager to assume the liabilities of your real estate. It's *cash* they are after. Thus, the authors explain how you can sell your investment real estate and still reap the income for the rest of your life.

What they refer to is a Charitable Remainder Trust (CRT). From it, you will receive a number of benefits:

- An investment real estate not in your name, so there'll be less death taxes at your demise.
- More income than you are presently receiving from your investment real estate.
- Sale of your property without incurring a capital gains tax.

A CRT, the Condons hasten to add, is not for everyone. However, if you are in your 50s or 60s and have a house and other investment property (such as a ten-unit apartment building), it may pay you well to check out the CRT scenario.

Keeping the insatiable hands of the IRS off your hard-earned assets is another scenario available in several acts. The first act may be a yawner as far as you are concerned, because it applies to what happens if Mom dies leaving the rather pleasing amount of more than $600,000 (referred to earlier).

Within nine months, the IRS requires that someone (typically one of the children) file an Estate Tax Return. This is a list of *everything* Mom owned at the time of death: bank assets, stocks, bonds, mutual funds, Treasury bills, IRA accounts, life insurance policies, annuities, pension plans, 401K plans, cars, jewelry, fur coats, works of art, real estate, business interests, contents of safe-deposit boxes, coin and stamp collections—you name it. If you fail to name it, the IRS will—and the IRS will receive a share of those assets in the form of a death tax.

Whatever the total of Mom's estate, the first $600,000 goes to Mom's children tax-free, an amount called the Lifetime Exemption. The children, however, must pay a death tax on any amount greater than those 600,000 big ones.

However, if Mom loves her children more than she loves the IRS, *Beyond the Grave* offers 11 planning opportunities to aid the kids in thwarting the feds. Let's explore some.

When a widow continues to deposit her investment income, her husband's retirement fund, and her Social Security check in the bank, she is actually banking money for the IRS. The authors, therefore, will tell that widow not to save it, but to spend it. Put her children and grandchildren on a plane and take off first-class to Honolulu. Buy a new car. Go on a cruise. It is the IRS's money she is spending, not her own.

Widows, however, as prisoners of the past, tend to ignore the advice, claiming they want to be sure they'll

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have enough money for a "rainy day." The Condons have this ready answer:

"The rainy day is long behind you. When you reach the time in your life when the death horizon years can be measured in single digits, continuing to accumulate savings you don't need serves no purpose (other than the deep psychological need to accumulate). Unless you need your income for support, why save for the IRS?"

Then there's the planning opportunity labeled by the father-son authors as the "Annual Exclusion Gift law." It pertains to giving your money or property *tax-free* to your children or grandchildren while you are still above ground. This law enables you to give $10,000 tax-free *each calendar year* to as many individuals as you wish. Also, for each of those $10,000 gifts, you'll be jerking $5,000 from the greedy grasp of the IRS when you die. After all, your children or grandchildren will be getting the stuff anyway, so why not now, when it's tax-free? Besides, hearing a "thank you" from beyond the grave is *so* difficult.

Along with the Annual Exclusion gifts, you can unload still more tax-free money by paying *directly* your children's or grandchildren's medical bills and education expenses. Nevertheless, you should, as previously noted, make the checks payable to the hospital or the school.

In another scenario, let's say Mom has the seemingly bright idea of putting a daughter's name on her house as a joint tenant, thus preventing it from going through probate when she dies. There's a section in *Beyond the Grave* reserved for this situation. It goes like this:

If you don't want to run the risk of losing your house, do not put it in joint tenancy with your children, the authors warn. One of their clients did so, despite being told how a Living Trust was the way to keep her children and her property out of probate court.

Years later, the lawyer team got a frantic call from the client: the bankruptcy court was claiming one half of her house and her apartment; it seems the client had put her daughter's name on the title of her real estate as a joint tenant. Thus, when the daughter and her husband declared bankruptcy, the court discovered that she owned 50 percent of her mother's house and apartment building. The trustee then took control of the properties to pay off the creditors.

The authors point out still other problems of trying to avoid probate through joint tenancy:

Accidents. If that daughter or son-in-law should be involved in a car crash without sufficient liability coverage, an accident victim could go to court to get a judgment that could force a sale of your home.

Marital Problems. If your daughter and her husband divorce, the husband could claim your house as an asset subject to the division of marital assets.

IRS Problems. If daughter or her hubby incurs tax liabilities, the IRS will attach a tax lien against any real property in either of their names—including mom's house, if daughter's name is on it.

The Solution—a simple Probate-Avoidance Trust. This method allows you to retain full ownership of your real estate, stocks, and bank accounts without "subjecting them to matters beyond your control." However, once you have made your child a joint tenant to your property, if the child subsequently incurs a credit problem, he or she cannot avoid the debt by transferring the share back to you.

The seasoned lawyers warn parents that children can be very persuasive when it comes to getting their names on titles to property as joint tenants. Convinced that putting all their assets in joint tenancy with the children will eliminate the death tax, parents allow the names to be added. As far as the IRS is concerned, any asset you owned jointly is 100 percent yours, and a death tax will be charged on the full value of the asset. Your child can

A LONGER LOOK AT LIVING TRUSTS

If you have questions about a Living Trust, the authors of *Beyond the Grave* are more than generous in supplying the answers.

1. What is a Living Trust?

This is a predeath arrangement setting forth your instructions concerning who gets what of your real estate and other assets. The person who carries out these instructions is known as your "Successor Trustee." Regardless of what you may have heard or read, a Living Trust does not save one penny in death tax.

Until your death, you remain owner of your real estate and other assets, taking out or putting in as you wish. You can also amend the trust to include new instructions, and revoke it at any time.

Following the death of the first spouse, the surviving spouse automatically becomes the sole owner of all trust assets. After the surviving spouse's demise, the Successor Trustee resumes authority to distribute the real estate and other assets according to the wishes set forth in your Living Trust. The trustee may not deviate from those wishes.

2. Do you already have a will and would like to know if you may still set up a Living Trust?

The answer is yes, and the trust will usually supersede the will. Setting up a Living Trust often takes a few weeks, because it involves two or three consultations with the attorney, but making the decision can result in a significant sense of satisfaction from having put things in order.

3. If the Living Trust offers so many benefits, why hasn't it become more popular?

Mostly, because we humans are creatures of habit. For one thing, wills and the probate courts have been the traditional means of transferring the family wealth. For another, public acceptance of Living Trusts has been slow, and lawyers not specializing in estate planning tend to disregard Living Trusts altogether.

4. If you own real estate in states other than your own, can you use the Living Trust to avoid adding to the wealth of probate lawyers in those states?

Yes, you can—with the occasional exception of Louisiana.

5. Can you put your life insurance policy in the Trust?

No. Make the Living Trust a primary or secondary beneficiary of your life insurance policy.

6. How about my qualified pension plan or IRA?

No. The authors of *Beyond the Grave* call these "self-executing assets." After you die, those assets will pass without probate to the prearranged beneficiary.

Stocks, however, can be put into the Living Trust. The problem is, every company will require you to fill out a number of documents so the stocks can be retitled into your name as trustee. If you have shares in many companies, this can be a big hassle. The Condons suggest opening a stock account with a brokerage house, putting your name as trustee, and depositing your stock certificates into the account.

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The Annual Exclusion Gift law lets you give money or property tax-free to your children or grandchildren while you are still above ground. For every $10,000 gift you give each calendar year, you will be jerking $5,000 away from the IRS when you die.

challenge this treatment, however, by showing that he or she paid for the 50 percent share.

Though the Condons don't discourage clients from putting their bank accounts in joint ownership with their children, they urge caution if the cash or brokerage asset is substantial.

The book further delves into the problem of parents disinheriting a child for whatever reason. As an alternative, the child can be left an inheritance in trust. When the parents die, the inheritance will pass directly to a trustee who will manage the money and pay the wayward child the income. Should said child convince the trustee that (let's say) he has cleaned up his act, the trustee can terminate the trust and give the reformed young man his inheritance share outright.

Let's look at another sticky wicket. When the parents die, the death tax takes 50 percent of an inheritance. When the child dies, the IRS taxes it again. Is there any way to prevent taking two slices out of the same pizza?

The answer is yes—but it will require the parents' cooperation to prevent the taking of that second slice. When they die and you inherit their wealth, the trick is not to own your inheritance. This is where your parents' cooperation comes in. They will have to include some special anti-second-slice provisions in their inheritance plan. If they already have a will or living trust, they must amend it. You will not own the inheritance; instead, it will be owned by what the authors call a Skip Trust. You will be entitled to the income from the trust and, occasionally, some of the principal. When you die, the inheritance will pass tax-free to your children.

You are, of course, limited in your ability to dip into the inheritance. Should you do more dipping than is legally allowed, you will be deemed to own your inheritance—and the IRS may impose a death tax on it when you die. Thus, you haven't skipped the tax after all.

Finally, no matter what the family resources, no matter how devoted the family members, the Condons assert that the area of inheritance presents a host of potential family conflicts. Thus, they have thoughtfully reserved a section titled "The Unequal Inheritance, or If You Don't Want the Blame—Treat Your Children the Same."

By leaving more to your "needy" child and less to your "successful" child, they point out that you are rewarding failure and punishing achievement. They explain that by talking it over with the children, in a few cases the successful one might agree that the one with less should be given more. More than likely, there will be resentment and anger. The solution: regardless of circumstances, treat your children equally. Trying to make up beyond the grave for unequal distribution this side of the grave "simply does not work," the Condons have found.

To find out what else the authors have to say about the most common squabbles and conflicts that occur when parents die and children divide the inheritance, read *Beyond the Grave* . . . while you still have time to put its wisdom to use, that is.

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TWO GOOD REASONS TO CELEBRATE FOLATE'S 50th ANNIVERSARY

I. FDA and CDC agree folate supplementation is needed to prevent neural tube birth defects. II. Framingham studies show people with higher folate levels have less dangerous levels of homocysteine—a risk factor for strokes and heart attacks.

by Cory SerVaas, M.D.

with Ted Kreiter, Christina Ferroli, Ph.D., and Patrick Perry

At last folate is coming into its own. This is cause for celebration because now it may become an important player in preventing heretofore mysterious, unexpected strokes and heart attacks.

The *Post* began writing about folate in 1982, urging women of childbearing potential to take this harmless B vitamin because, if their serum levels of folate weren't sufficient during the first three weeks of pregnancy, the women had a far greater risk of having a spina bifida baby.

As the years went by, we couldn't make a dent in the number of babies born with neural tube defects in the United States.

Needless to say, we were greatly encouraged when recently the CDC and FDA both proclaimed that all women of childbearing potential should be supplementing their diets with sufficient folate to assure 400 micrograms per day. Women who have already given birth to a baby with neural tube defects are now prescribed as much as four milligrams of folate per day.

The Saturday Evening Post Society encouraged the development of small, pink, heart-shaped B-Safe pills—with the idea that the pills might remind couples that the female sex partner should take folate every day. Statistics tell us that 50 percent of babies are not planned.

Most parents don't know what spina bifida means until they are told by a physician that they have just had such a baby. The paralysis is permanent, and, as of today, no one knows how to generate nerves that never grew from the spinal cord in the first place.

Dr. Godfrey Oakley, chief of the Birth Defects branch at the CDC, came to Indianapolis to address a large congregation of parents of children afflicted with spina bifida. The hotel was filled with little children (and adults) paralyzed and confined to wheelchairs.

Dr. Oakley explained that to emphasize his determination to induce young women to include folate in their diets, he always gave bottles of folate to the bride whenever he attended a wedding reception. This was music to our ears, and we shared with him our own attempts at getting women to take folate by giving it away at church health fairs and from our *Saturday Evening Post* mobile units.

Any attempt to promote folate as an easy way to prevent a very horrible disease and paralysis in innocent children fell flat. We even tried to give folate

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away with *Post* subscriptions to no avail.

We weren't at all surprised when the *New York Times* recently published an article with the headline "Vitamin Can Avert Birth Defect, but Message Goes Unheeded." The article detailed how in South Carolina, a state with an unusually high number of babies with neural tube defects, an aggressive educational effort simply didn't get through to women, despite a vigorous statewide campaign. Health experts were left to wonder: "What does it take to get Americans to change their health habits? . . . An easy way to save lives apparently isn't so easy to convey."

The Post Society offers this folate brochure to parents as a guide to preconception care. A new brochure is being prepared to explain folate's possible future role in preventing heart disease.

Fortifying flour with enough folate has been proposed by the FDA and supported by the CDC and the U.S. Public Health Service. But there is a bugaboo that curing folate anemia can mask another anemia caused by vitamin B_{12} deficiency. Folate-deficient mothers bear neural-tube defect (NTD) babies. We also know that mostly the elderly are vulnerable to pernicious anemia, the rare B_{12} deficiency anemia. We wouldn't want their pernicious anemia to go undisclosed because their deficiency lab test was masked by folate.

For many years we have known that Dr. Christian Jansen, an internist, has long been a dedicated B_{12} researcher. He insists that all persons, especially the elderly, could easily be given sufficient B_{12} to prevent pernicious anemia anyway.

Dr. Jansen has been jousting with the FDA and the medical profession for years to get them to review his research that clearly proves that sufficient *oral* vitamin B_{12} is a surefire prevention of pernicious anemia even in the absence of intrinsic factor. Hence, we no longer need to call it pernicious anemia, nor should we let anyone develop pernicious anemia because a tiny one-half milligram of vitamin B_{12} per day can keep all of us safe from that insidious but fairly rare disease.

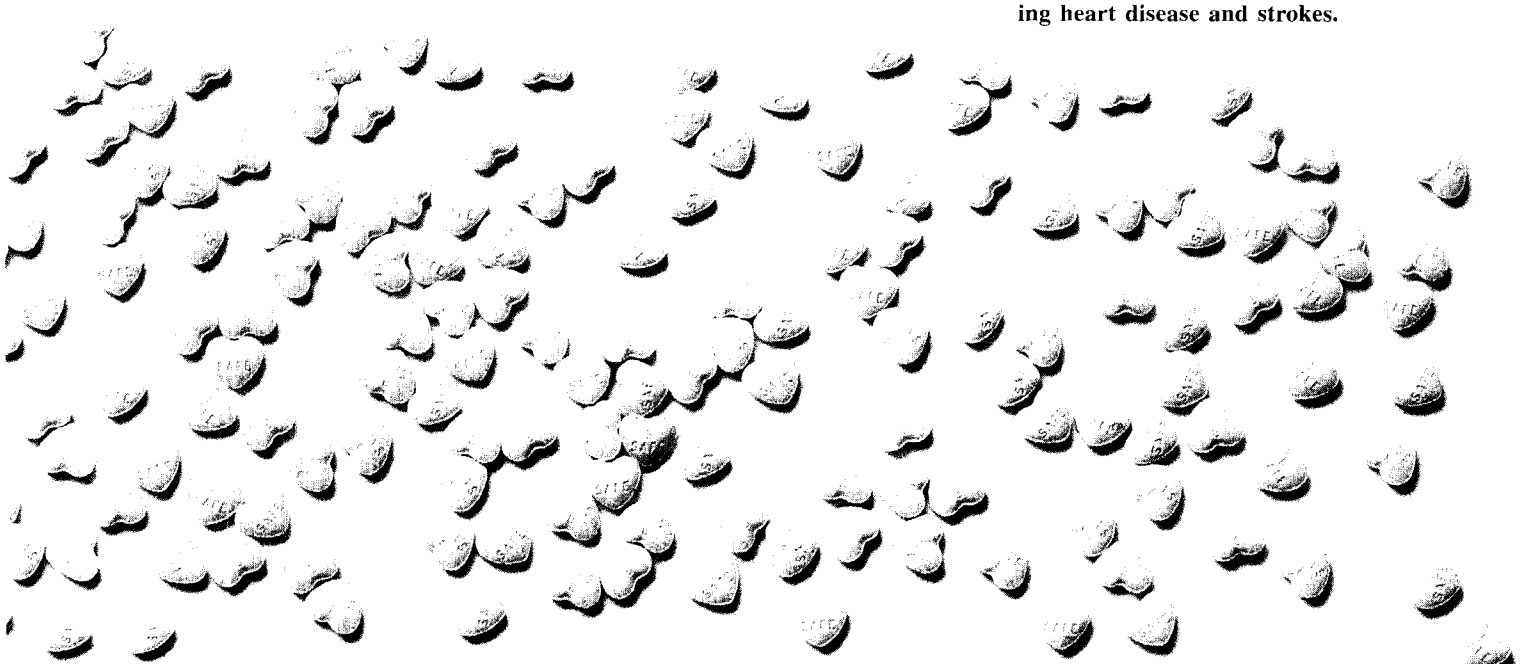
We consider Dr. Jansen a big ally in our effort because we can now advocate folate for all young women by simply adding sufficient vitamin B_{12} to the folate tablets to assure they could never again be accused of masking the anemia caused by B_{12} deficiency—*there wouldn't be any pernicious anemia.*

Dr. Jansen is not alone in believing that B_{12} can be given orally instead of by needle. In July '94, the *Post* published an article by Dr. William H. Crosby, a hematologist who had written to his peers in the *Archives of Internal Medicine* confirming that *sufficient* oral B_{12} can prevent pernicious anemia or treat the pernicious anemia once it occurs.

Internist Christian Jansen has researched B_{12} throughout his career at Eli Lilly & Co. and later at the Veterans Administration. He vows that "no human exists who needs B_{12} by needle."

But many diehard physicians rely on the teachings of our forefathers in medicine and still publish articles stating that to prevent or treat pernicious anemia, B_{12} must be given by injection, not orally. Wrong! according to Drs. Crosby and Jansen. *Post* editors believe that these doctors are right. The FDA will no doubt soon give the green light to fortifying or supplementing folate and B_{12} with no fear of the old "masking" concern.

These heart-shaped B-Safe tablets were designed to remind young couples that folate helps prevent neural tube defects in infants (B_{12} and B_6 were included). Now the heart shape has added meaning—new research shows that these very vitamins may be important for preventing heart disease and strokes.



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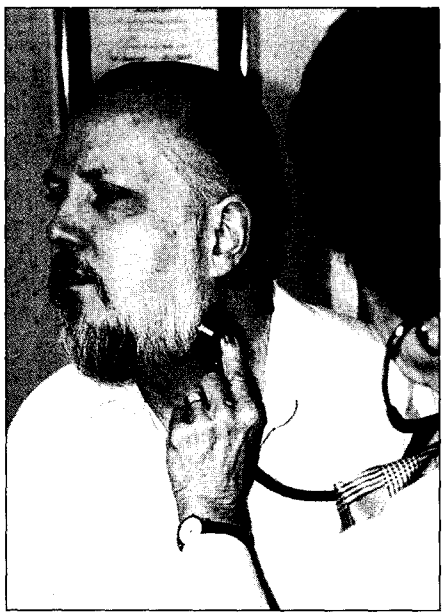
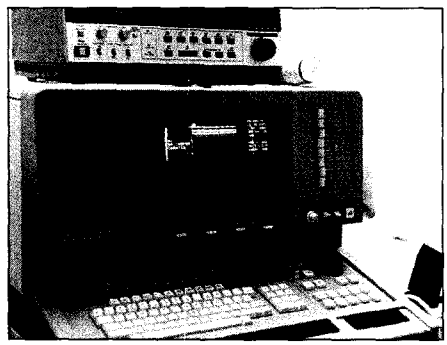
Folate: Heart Attack and Stroke Prevention Research

Imagine our excitement when we heard of the Tufts/Framingham study that had now identified what may become a very important preventable risk for strokes and heart attacks.

If there's one malady Americans ought to know plenty about, it's cardiovascular disease. After all, heart attacks and strokes have been the subject of intense study for more than 50 years. Researchers have linked heart disease to a half-dozen causes that most people can recite by heart: smoking, high cholesterol, high-fat content, high blood pressure, obesity, and so on. Yet, it may come as a surprise to some that researchers know—at most—only half of the unfolding story of how and why people develop heart disease.

In the medical literature, certain heart attack cases remain mysteries—sudden deaths that occur in people who are seemingly healthy and lead otherwise healthful lifestyles. These people exercise, eat low-fat diets, don't have elevated cholesterol levels, don't smoke, yet their arteries clog up. Clearly, there must be unknowns that factor into such cases. Free radicals form one theory, genetics another. Recently, heart researchers discovered a further, more promising clue that may help us understand how heart disease happens and how to prevent it.

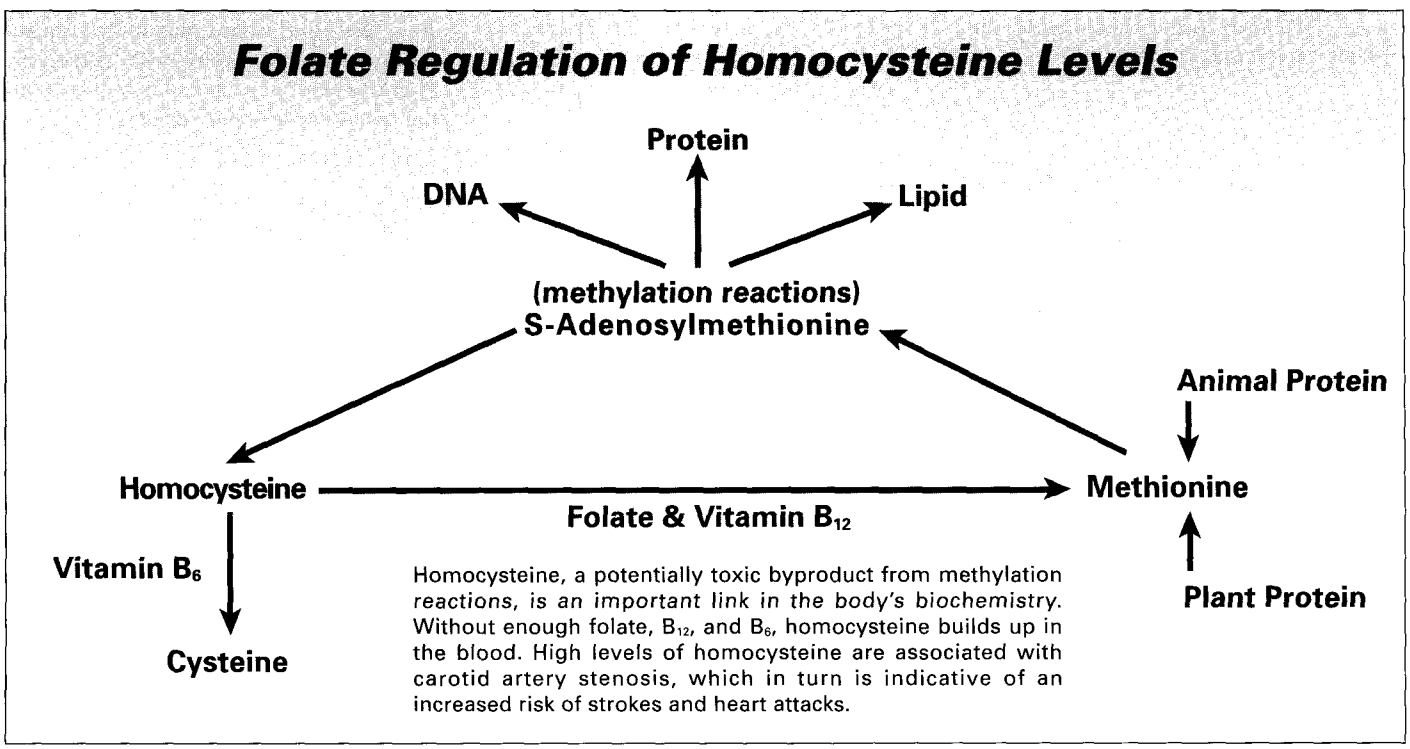




(Left) Physicians check for arterial occlusion by placing a stethoscope at the level of the carotid bifurcation. (Above) If they hear a slushing sound known as a *bruit*, ultrasound makes it possible to measure the degree of narrowing due to atherosclerosis. The Framingham study showed that those with lower folate intake had more clogged carotid arteries.

It is fitting that the new information comes from the Framingham Heart Study, one of the longest-running and most productive heart disease research projects ever. Virtually all identifiable heart risk factors stem from this study. The Framingham project was initiated in 1948, using the 5,209 residents of Framingham, Massachusetts, as subjects. Only 1,400 of the original subjects are still living, but the study continues, now including a second generation of 5,000 who entered the program in 1971.

A little more than three years ago, Tufts University researchers initiated a study of 1,000 elderly volunteers from the original Framingham group. The team wanted to see if there was a relationship between an amino acid


Folate Regulation of Homocysteine Levels
Protein
DNA
Lipid
(methylation reactions)
S-Adenosylmethionine
Animal Protein
Homocysteine
Methionine
Folate & Vitamin B12
Vitamin B6
Plant Protein
Cysteine
Homocysteine, a potentially toxic byproduct from methylation reactions, is an important link in the body's biochemistry. Without enough folate, B12, and B6, homocysteine builds up in the blood. High levels of homocysteine are associated with carotid artery stenosis, which in turn is indicative of an increased risk of strokes and heart attacks.

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called *homocysteine* and narrowing of the carotid artery caused by atherosclerotic plaque buildup. Plaque buildup in the carotid arteries is one of the most telling indicators doctors have for identifying cardiovascular disease. Studies have shown an increased prevalence of both stroke and coronary heart disease among people with a 25 percent or more stenosis (narrowing) of the carotid.

Now that researchers can accurately measure the plaque accumulation noninvasively using ultrasound, they have a tool for assessing the impact of heart-risk factors. When Framingham volunteers came in for their 20th biennial exams, they were studied with ultrasound to detect plaque buildup at the carotid bifurcation where the carotid artery branches into the brain. Researchers then compared the subjects' carotid artery stenosis to their blood levels of homocysteine and to their folate, B_{12}, and B_6 intake.

Homocysteine is not new to researchers. For some time, it has been established that homocysteine can be toxic to blood-vessel walls at excess amounts in the bloodstream. The damage it causes can lead to plaque buildup, resulting in heart attacks and strokes. Therefore, it wasn't surprising that narrowed carotid arteries correlated closely in the study with elevated blood levels of homocysteine.

What was of greater import was another connection between the subjects' estimated consumption of certain B vitamins and their blood levels of the damaging homocysteine amino acid.

Previous studies had already shown that the majority of Framingham volunteers with high blood homocysteine levels also had low blood levels of three B vitamins: folic acid, B_{12}, and B_6. However, these low vitamin levels had not yet been associated with risk for disease.

The Tufts University study showed that the Framingham subjects who were getting inadequate folic acid and B-vitamin in their diets—and who had low blood levels of folic acid, vitamin B_{12}, and vitamin B_6—had carotid-artery stenosis, placing them at an increased risk for stroke. The study successfully linked an increased risk for vascular disease to elevated homocysteine levels and, more important, to low blood levels of folic acid, B_{12} and B_6.

Dr. Jacob Selhub, Tufts University

In short, it appears that these vitamins can protect us from heart disease. Folic acid, vitamin B_{12}, and vitamin B_6 are crucial for maintaining the proper balance of homocysteine levels in the body. Inadequate levels of these B vitamins, especially folic acid, could tilt the balance in favor of homocysteine. The bottom line is this: we all need to get plenty of these three B vitamins through diet and vitamin supplementation. It also means doctors may have a new and important risk factor with which to work. Testing people's homocysteine levels may become as standard in assessing heart disease and heart-disease risk as testing for cholesterol levels.

Dr. Jacob Selhub

The *Post* spoke with Tufts University professor of nutrition and study leader Dr. Jacob Selhub about the implications of the recent findings.

Post: Could you explain the significance of homocysteine and why we may need folate, vitamin B_{12}, and vitamin B_6 to keep it in check?

Dr. Selhub: Homocysteine is an amino acid that plays a very important role in the body. Homocysteine is derived from another amino acid called methionine. Methionine is found in all proteins but in larger concentrations in animal proteins. It plays two important roles: It acts as a building block for protein, and it participates in so-called methylation reactions. One of the by-products of these reactions is homocysteine. The homocysteine produced is either eliminated by the body, or it is used in recycling to make more methionine. The recycling of homocysteine to make methionine requires folic acid and vitamin B_{12}. So when either one or both of these vitamins is not present in adequate amounts, homocysteine will accumulate. This homocysteine will be released into the blood, and that will create a higher risk for heart disease and stroke.

Post: Is there any indication yet what levels of homocysteine increase one's risk of cardiovascular disease?

Dr. Selhub: One of the surprising things is that what we're dealing with is a very small increase in the amount of homocysteine that normally exists in the blood, on the order of 20 or 30 percent. The other thing that's important (which is why it took some time before certain people started to believe in it) is that the amount of homocysteine in the blood is very small. If you compare it with cholesterol, for example, homocysteine is present at one thousandth the concentration of cholesterol. We were all very skeptical when the first data came in, because increased rates of disease were observed with only a 20 percent increase in homocysteine. But the data are now overwhelming. There are 30 or 40 studies, all of which show almost the same effect. It still seems unreal that this tiny amount of homocysteine makes such a significant difference. The statistics are fantastic, incredible!

The data are overwhelming . . . it seems unreal that this tiny amount of homocysteine makes such a significant difference. The statistics are fantastic, incredible!
—DR. JACOB SELHUB

Post: How important is homocysteine as a risk factor?

Dr. Selhub: I would say that if

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cholesterol (HDL and LDL) and all the other risk factors account for about 50 percent of known vascular disease, homocysteine adds another 10 or 15 percent. We might have another 35 to 40 percent of risk factors that are still unknown.

Post: Of the three B vitamins you measured, folic acid emerged as the most important?

Dr. Selhub: Yes, and I would like to stress that 1995 is the 50th anniversary of the first report on the preparation of folic acid by chemical synthesis. The name folic acid was derived from the word *folium*, which means leaf. It was given that name because it was found in high levels in leafy vegetables such as spinach. Orange juice also is rich with folic acid. One glass of orange juice gives you about 25 percent of your daily requirement. Some fortified cereals are also now a leading source of folic acid.

Our view is that people should take their vitamins as much as possible through dietary sources such as, in the case of folic acid, fruits and vegetables. Not that vitamins from pills are not good; they are very good, and they do provide adequate supplementation. The problem is that fruits and vegetables may have other virtues that we don't know anything about. If people take just vitamin pills, they may be missing some of these other nutrient benefits. Researchers are still working on it. Some data suggest that there are more nutrients with potential health benefits in foods than we know about today.

Post: Isn't folic acid emerging as a factor in a host of different diseases?

Dr. Selhub: My colleague, Dr. Joel Mason, is head investigator on an NIH grant that is looking at the relationship between colon cancer and folic acid. He is conducting an intervention study in which he gives folic acid to patients with precancerous colon polyps to see if it will diminish the risk of developing colon cancer. There are also other studies. Of course, everybody knows about spina bifida and the attempts by the FDA to fortify flour with folic acid. I think this could be positive. I'm sure other cancers, such as cervical cancer, could be related to folic acid deficiency.

Post: Getting back to cardiovascular

Dr. Paul Jacques, Tufts University

problems, some Mediterranean countries, such as France and Italy, have a lower incidence of heart disease. Could their dietary levels of B vitamins be playing a protective role?

Dr. Selhub: I know that in Spain, France, and Italy there is a gradient between south and north. As you go further north, there is a greater incidence of cardiovascular disease. The obvious reason is the diets. As you go north, the people eat fattier foods and fewer fruits and vegetables rich in folic acid and other B vitamins. So I think that probably folate is important, as are other vitamins in the diet in the South.

Post: What do these recent experiments tell us about vitamins in relation to health?

Dr. Selhub: This is what's new. If somebody had come to me ten years ago and asked, "Do I need to take any vitamin pills?" I'd have said, "Go to the doctor. If you don't have any anemia or scurvy or night blindness—any of those classic symptoms of vitamin deficiency—then you really don't need supplemental vitamins." What we have now discovered (and this is an entirely different outlook) is that subclinical levels of deficiency, or what we call *inadequate vitamin status for a prolonged period of time*, is sufficient to put one at risk for chronic disease. Enhanced risk of disease does not require overt vitamin deficiency. As far as the public is concerned, we have discovered that what Mother told us about eating our vegetables was right.

Foods High in Folate:

Spinach
Green leafy vegetables
Orange juice
Lentils
Kidney beans
Black beans
Lima beans
Peas
Tomato sauces
Fortified cereals
Romaine lettuce
Leaf lettuce

Dr. Paul Jacques

We also talked with Dr. Paul Jacques, assistant professor of nutrition and community health at Tufts, who took part in the homocysteine study.

Post: Could you tell us what Tufts' major objectives were in the study with the Framingham Heart group?

Dr. Jacques: The first objective was to look at the distribution of homocysteine levels in a sample representative of the general population, which had never been done before. We wanted to determine how many people had elevated homocysteine levels. Second, we wanted to gain some insights into the mechanisms, the biochemistry of elevated homocysteine in the blood. We know that folate is involved, but so are vitamin B_{12} and vitamin B_6. We also know that there are some genetic parameters involved. We wanted to find out how important these various determinants of homocysteine are in the population.

For example, there are some very rare genetic defects that cause very high levels of homocysteine, but you would not predict that these defects would be important in the general population because they are so rare. A high incidence of elevated homocysteine in the general population must be due to other factors. Finally, it has been previously reported that people with higher homocysteine levels have a higher risk of vascular disease. We wanted to look at this within the well-established Framingham Heart

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Study group. The Framingham study is one of the best documented studies of heart disease in the world, so it gave us the opportunity to examine the relationship of homocysteine to heart disease. What we saw was that individuals with higher folate intakes had lower risk of carotid stenosis, which is a measure of atherosclerosis. Essentially, people who had diets higher in folate did appear to have a lower risk of vascular disease. This finding was based upon observational studies. There's always a concern in observational studies—a difficulty in taking the step from saying that just because two things are associated, the one causes the other. However, our study is not the first to show such a relationship. There have been a number of studies before ours. There's been incredible consistency.

Homocysteine may be responsible for a substantial proportion of heart disease cases that are not explained by the other risk factors.
—DR. PAUL JACQUES

Post: When you measured dietary folic acid, what foods were you looking at?

Dr. Jacques: We didn't look at specific foods in this group. We just looked at the overall folate intake. We know from prior experience with this group that many of the individuals with higher folate intakes are not receiving it from supplements. [Getting adequate folate] is not an issue of taking supplements or not taking supplements; it's possible, as we've seen in this population, to get adequate folate from diet alone.

Post: Is it true that up to half of Americans may not get adequate folate, vitamin B_{12}, and vitamin B_6?

Dr. Jacques: That's a difficult question to answer, particularly for B_{12} in the older age groups. There's a greater problem with absorption of B_{12} in older age groups, so the definition of "adequate" changes for them—but I think folate is probably the clearest in that respect. Many Americans are not even receiving the RDA (Recommended Daily Allowance), and there is some evidence that the current RDA may be inadequate.

One of the factors that regulate homocysteine levels in the blood is folate. There are other factors, as well as genetic parameters, and other nutrients such as B_{12} and B_6. In our population, folate was one of the stronger factors associated with homocysteine levels. We know, based on the mechanism by which homocysteine is formed, that folate plays a critical role. So the level of homocysteine is a measure of folate status; thus, it can be used as an important outcome itself or as a marker of how good a patient's folate status is.

We would estimate that between 30 and 50 percent of the older cohort from Framingham had inadequate levels of at least one of these three vitamins. It appears that a substantial proportion of this older group is not getting adequate intakes of folate, vitamin B_{12}, and vitamin B_6.

Post: Is there a level of the three B vitamins that the study suggests would be adequate?

Dr. Jacques: No. We basically have a list of more than 150 food items, and we asked subjects how often they consume them—orange juice, for example. This gives us a sense of what they are eating and whether one person is eating more of one nutrient than another person. We can rank people pretty well, but it's not completely quantitative. It's hard to assign a number, or say someone ate 400 micrograms of folate. They may have eaten 350 micrograms or 300 micrograms, but we know their consumption was higher than that of someone who reported consuming 200 micrograms. What we are fairly comfortable in saying is that we believe the appropriate intake would probably be above the current RDA.

Post: How do people get their homocysteine levels checked?

Dr. Jacques: Right now, it's a bit difficult. It's not routinely done. The examination of homocysteine in relation to heart disease is fairly recent. It's only been investigated since the mid-to-late 1970s. We're having conferences this summer in Ireland on homocysteine. Five years ago, you could have put everyone who was doing homocysteine research into one room. Homocysteine studies have really grown in number within the last five years.

What we saw was that individuals with higher folate intakes had lower risk of carotid stenosis. . . people who had diets higher in folate did appear to have a lower risk of vascular disease.
—DR. PAUL JACQUES

Right now, most of homocysteine testing is being done in research labs and at academic institutions. There aren't many clinical labs doing it, but I think it's on the rise. Some companies are starting to produce products to measure it, trying to get into the market early. They've seen the handwriting on the wall for a couple of years.

Post: Is there any indication that homocysteine levels are as important as cholesterol levels as a risk factor for heart disease?

Dr. Jacques: They may be more important. I shouldn't say that, because I'll get a lot of cholesterol researchers upset. It's probably just as important.

Post: Might homocysteine and low levels of the three B vitamins be a factor in high heart-disease areas such as Finland?

Dr. Jacques: It could be, because the most important sources of folate are vegetable products. In some northern European populations, the diet tends to be higher in dairy products and meat. It's possible that may explain part of the increased risk. Obviously, in an area of high dairy and meat consumption, you also have a high-fat diet. The two risk factors would go hand-in-hand.

Post: How about the lower levels of heart disease in Mediterranean countries?

Dr. Jacques: Again, it's a possibility. There is often a focus on the types of fats and oils used in these countries, but what is often overlooked is the amount of fresh produce in the

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diet. For example, things such as spinach, lentils, beans, green leafy vegetables, oranges, and orange juice particularly. These are all very good sources of folate. Tomato sauces tend to be high in folate, too.

Post: What are the best sources of folate in Americans' diets?

Dr. Jacques: You can look at it in two ways: What are the best sources, and what are the most important sources in terms of our current diet? In terms of our current diet, the most important source is orange juice. One glass of orange juice provides half of the current RDA for folate. Another good source is fortified breakfast cereals. They make a substantial folate contribution. The best sources of folate that we normally don't consume enough of are legumes and various types of beans, such as kidney beans, black beans, and lentils. You can obtain the RDA or even up to twice the RDA with one serving of some legumes.

Post: How about tomatoes and vegetables?

Dr. Jacques: Tomatoes themselves are not good sources of folate, but tomato sauce, which is concentrated, tends to be. Spinach is a good source of folate. One serving of spinach would give you over one half the current RDA. Romaine lettuce and leaf lettuces tend to be reasonably good sources. Peas and lima beans are a very good source.

Post: Should people supplement their diet with B vitamins?

Dr. Jacques: People ask me whether I recommend supplements, and I always say it's like wearing a seat belt. When you get into a car, you put on a seat belt and drive cautiously. You don't put on a seat belt so you can drive like a maniac, but if you're going to drive like a maniac, put on your seat belt. It's the same with a diet. If you eat a prudent diet and a supplement on top of that, it's added insurance. I don't think you should try to make up for a poor diet by taking a supplement, but then again, if you eat a poor diet you'd better take a supplement.

If you're focusing only on homocysteine, supplements would be a very good way of reducing elevated blood levels. The problem in recommending supplements at the expense of diet is

Dr. Peter Wilson, Framingham Heart Study

that we don't want to focus just on homocysteine. There's the whole issue of fats and diet—and possibly antioxidant nutrients and other vital chemicals we don't know about yet. I prefer to recommend dietary sources of nutrients to individuals so they'll be getting a complete diet.

Post: How important are these new revelations about homocysteine, folate, B_{12}, and B_6?

Dr. Jacques: I think it's very exciting news. The area of homocysteine research is really starting to blossom. Traditional risk factors of heart disease—smoking, cholesterol, hypertension, and so forth—do not explain a substantial proportion of the cases of heart disease. A lot of people with heart disease don't have these traditional risk factors. I think, with homocysteine, we've possibly made a big jump forward. Homocysteine may be responsible for a substantial proportion of heart disease cases that are not explained by the other risk factors.

Post: How about the role of antioxidants in heart disease?

Dr. Jacques: The evidence relating antioxidants to heart disease is quite interesting, but probably less compelling than that for homocysteine at present. Antioxidants may help explain some of the disease not related to traditional risk factors, but I don't think that's as crucial as the homocysteine-heart disease relationship.

Post: Are further studies in the works?

Dr. Jacques: There's currently talk of putting together an intervention study of people who are free of heart disease—and maybe a secondary prevention trial which would take people with heart disease to see if we could prevent a second occurrence. But I think the eventual focus will be on people who are free of heart disease, assigning them to take a supplement or placebo, and following these individuals to see whether the risk of heart disease is lower among those supplemented.

If the focus is specifically on homocysteine, it might be more interesting to screen people with higher homocysteine levels, supplement them, then follow those people with higher homocysteine to see if by lowering homocysteine with supplements we can reduce the risk of vascular disease. I suspect these topics will be subjects this summer in Ireland at the International Conference on Homocysteine Metabolism.

The Safest Place in the Supermarket

When we spoke with Dr. Peter Wilson, laboratory director of the Framingham Study that is part of the National Heart, Lung, and Blood Institute, he set us straight on one thing right away. "It's called the Framingham Heart Study," he said, "but we no longer just study hearts; we study many things, particularly aspects of aging. It's wide in scope. We have a first generation cohort, and we have a second generation, which is another 5,000 people. They come for exams every four years. This is a study that, once you're in it, you're in it forever. Some people don't come as faithfully, and they think they might not be in it anymore, but in fact, it's like being in a family. You can't get out of your family."

We asked Dr. Wilson what he thought was the most important recent nutritional finding in the study of Framingham subjects.

Dr. Wilson: I think, even though we haven't definitely proven this, it appears that in our older population, approximately one third of people were relatively vitamin deficient. It appears that people with lower folate, B_{12}, and B_6 intake have elevated homocysteine, but the primary vitamin seems to be folate. Some researchers are of the

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opinion that perhaps people should take in more folate and that recommended daily allowances should be revised.

If you just suggest that people eat more leafy green vegetables, you're probably not going to get into the B_{12} deficiency masking issue, but if you say you're going to supplement folate at higher doses, that's like making a pharmaceutical decision. You probably won't mask B_{12} problems at a dietary level, but the supplements might. A milligram [1,000 micrograms] a day of folate can mask a B_{12} problem.

Post: That's quite a big dose compared with the current RDA, isn't it?

Dr. Wilson: Yes. You're talking about 200 versus 400 [micrograms]. Many people are in the 200-microgram range. That's why it's been suggested they ought to be up more toward 400.

Post: Didn't the whole idea of risk factors emerge from the Framingham study?

Dr. Wilson: That's right. It came out in the '50s. We like to think it was originally from Roy Dawber, who was one of the early scientists here. The idea is that it's no one thing, but several things occurring in concert [that cause a disease].

Metabolic diseases are very different from most infectious diseases, such as tuberculosis, caused by one identifiable organism. For metabolic processes, I give people the example of all these interlocking gear systems. It's a little bit of a lack of grease there, too much grease in another gear, and somebody who didn't do his job at the fourth gear. And there was nobody there to put the bottles in the chutes at the fifth station. Metabolic diseases are like a factory. There are a lot of interlinks.

Post: So are we just in the infancy stages of understanding some of the metabolic diseases?

Dr. Wilson: Underlying a lot of metabolic processes are environment and genetics. For instance, if you start out with high blood cholesterol on a genetic basis, it's going to be hard to lower your cholesterol no matter what you do. Or, if you start out with an environment of the classic northern European diet—where sausage is served for breakfast, lunch, and dinner—you're getting all this dietary fat. You're putting stress on all these factory systems.

Post: When we spoke with Dr. Paul Jacques, he talked about the dietary sources of folate. These sources figure prominently into other aspects of the Framingham study, don't they?

Dr. Wilson: Yes. If you eat those, you tend to eat less meat, dairy products, and other fatty foods. It comes back to what many people would say is a variety. Cereal makers were thinking about this ten years ago when they said, "If you're not getting your vitamins, eat our cereals, because we're going to fortify them with vitamins." Unfortunately, some people don't eat the fortified cereals, and they're still missing out on the vitamins.

One of the easiest ways to get folic acid is from fresh produce. I always tell people, "You know where the safest place in the grocery store is? It's the produce section. That's also the place where there are no coupons and very few ads. Have you ever seen "buy five apples, get two free" or "buy six, get an extra one"? There aren't too many things that are bad for you in the produce section. If you ate an awful lot of avocados, for example, you'd get more saturated fat than you'd want, but avocados are expensive. Most of the other produce is really very good, and some may work in some special ways. There's always something new about these things. We just don't even begin to know. The broccoli, the Brussels sprouts, the things that many of us don't eat that commonly may have some other properties (even nonvitamin aspects) that you could end up getting through vegetable and fruit-based diets. The recommendation now is five servings of fruits and vegetables a day. Most of us don't get that much.

Post: But hasn't there been progress in this area?

Dr. Wilson: One positive thing out of all of this is all the salad bars in grocery stores. It's gotten a lot better. I can go on an errand and get lunch and put it in a little plastic tray at the supermarket, rather than getting a meatball sub or small pizza. I'd love to see salad bars in McDonald's. Wouldn't you? I would go straight to the salad bar. I think it would be hard for them, but I think that it would work. Or you could take the salad and dump it into a pocket sandwich. Fifteen years ago, people wouldn't eat something like that. Dump salad into a pocket sandwich and they'd call that

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Father of Folate Research

Dr. Robert Stokstad, the "father" of folic acid research, belonged to one of two teams in the early 1940s racing to identify the dietary factor responsible for pernicious anemia. Dr. Stokstad was a key player in isolating the dietary factor from bacteria.

"The feeling that we had identified one of the fragments that we knew was part of the structure of folic acid provided me with one of the greatest thrills of my scientific life," he later wrote.

The other group working with green leafy vegetables also isolated the factor, coining the name "folic acid." Dr. Stokstad researched folic acid for another 50 years, retiring only recently due to stroke. His key observations formed the basis of much of our present knowledge about this important B vitamin, including the pathways leading to homocysteine formation.

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CROSS WORDS

There are people (one at least) who would understand perfectly the man who said, "I want to buy an empty barrel of flour to make a hencoop for my dog."

by Maynard Good Stoddard

Illustrated by Don Trawin

We were no more than five paces into our power walk this morning when my dear wife turned up the collar of her jacket and said, "The wind is colder than it looks."

Though you may question the rationality of this remark, it didn't affect me. I have been immune to her wayward way with words for more years than you would believe.

The truth is (strange as this may sound), I had a pretty good start on this immunity before ever leaving home. My Pennsylvania Dutch mother once called out to me, "I can't come right now; my arms are knee-deep in dishwater." She also complained that she could "walk across the room without a stitch on, and your father would never notice what I was wearing."

All of which pales next to the man, not long off the boat, who came into my dad's country grocery store to ask for "an empty barrel of flour to make a hencoop for my dog."

The abuse of language is not our topic for today, however. What currently is sapping my will to live concerns my dear wife's cavalier approach to the daily crossword puzzle in the *Indianapolis Star*.

Before you ask, I'll tell you what business it is of mine: I get the puzzle after she has given up on it. I, being the smarter of the two (this is off the record, of course), am left to fill in the blanks where her mind has gone blank. This would be fun and games were it not for her mind having gone blank on the squares she has already filled in.

Take a puzzle . . . go ahead, any puzzle. OK, you have picked September 5, 1992. Now remember, this is *your* choice, not mine.

Where Mrs. Roget took her first flight of fancy was by filling in the five spaces calling for "River through Rome" with the five letters T-I-G-E-R. Didn't it fit? It did. Were not the "T" and the "R" already in their proper places? They were, so why not leave well enough alone and go merrily on your way? Why not leave the little matter of the "G" in T-I-G-E-R, causing the four-letter word for "Proficiently" to come out A-G-L-E to your successor?

If you can find the word "agle" in your dictionary, gentle reader, your dictionary serves you more agle than mine serves me.

Any person in her right mind, or a reasonable facsimile, would have at this point put her pencil on hold and asked herself, "Could I possibly have made a slight blunder in a preceding word?" Then there are minds that will accept the word A-G-L-E to be an abbreviation of "agility," and if "agility" and "proficiently" aren't synonyms, then someone is out in left field without his glove. One can rectify such logic only by prayer and fasting.

By changing the river through Rome from T-I-G-E-R to T-I-B-E-R, the word for "proficiently" now became A-B-L-E rather than A-G-L-E—certainly an improvement, but still no cigar. The cigar would have to wait while I puzzled over the five letters for "Secure a boat," for which my dear wife had chosen B-E-L-I-E.

Now I ask you, who this side of Bellevue would ever yell out, "Hey, you on the dock, would you mind helping me belie my boat?"

After altering B-E-L-I-E to B-E-L-A-Y, the world A-B-L-E became A-B-L-Y, and the word for "proficiently" was laid at last to rest.

Filling the five spaces across with S-H-U-T-S for "Closes" appears to be the work of a person rowing with both oars, right? The two S's being already in place, wouldn't it be charitable to say that two out of five is not bad? A baseball player getting two out of five would be hitting .400, for which we would have to go back to Ted Williams for such a record. However, two out of five in crossword puzzling leaves much to be desired.

For one thing to be desired, the middle three letters, H-U-T, cause the three words down to come out B-H-E-D-S, D-E-U-N-T, and T-E-L-T-S. Upon checking the first of these household words, I find B-H-E-D-S to be my predecessor's synonym for "Brews." If you haven't guzzled a stein of good old bheds, brother, you haven't lived. Not until I had changed "Closes" from S-H-U-T-S to S-E-A-L-S and made "Clams" S-T-E-A-M-E-R-S rather than S-T-E-A-M-E-D-S did "Brews" finally end up B-E-E-R-S.

I could go on—and if you have nothing better to do, I will. When one is in as much trouble as I am already, what's another cold dinner or another night on the old couch?

The four spaces for "Meditate" she had filled with the four letters P-O-S-E. Was my dear wife, in the words of Ann Landers, "a few sandwiches short of a picnic"? The only reasoning I could come up with was that when one meditates, one doesn't move around—one just sits there and poses.

Her P-L-A-N for "Intend," however, lay beyond my power of reasoning. Not until I had switched the letters for "intend" from P-L-A-N to M-E-A-N did "meditate" come out M-U-S-E rather than P-O-S-E. The switch also improved the spelling of A-D-O-L-T-E-R-A-T-E to A-D-U-L-T-E-R-A-T-E.

On the brighter side, of the 64 words across and the 54 down, Mrs. Roget had screwed up but 11. I'm sure she would insist, without asking, that 11 out of 118 borders on genius.

On the darker side, if I am to retain my equilibrium, I may have to lay out another $109 per year for a second subscription to the *Indianapolis Star* to get my very own unsullied puzzle. Darker still is the thought that my dear wife's genes for working crossword puzzles may have already flowed into the veins (or wherever genes flow) of the third generation.

I can already hear little Stephanie respond to a question from her third-grade teacher: "I'm not sure—could I have a minute to pose on it?"

You'll have to excuse me now. Dear wife just opened my dungeon door to ask if I knew a seven-letter word for "Bird sanctuary." I told her C-R-O-W-B-A-R." She went away delighted.

I'm thinking of going fishing for the rest of the day.

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Answering Your Gardening Questions

Q. Why are my flowers' leaves turning yellow? I fertilize them every week.

A. You are probably overwatering. Try cutting back to once a week, or maybe twice a week.

Q. I have a very bad problem with Japanese beetles eating my roses, berries, and fruit trees. I have tried spraying with Malthion, but it has no effect.

A. Go to a farm co-op or an agricultural supply company and purchase Sevin powder and one can of Nu-Film-P Sticker. Follow directions on the containers. Use a clean, hand-held sprayer. To clean, wash out three times with cold water. Put one quart water in sprayer, add chemicals, and then the rest of the water. When spraying, wear a long-sleeved shirt and pants, rubber gloves, rubber boots, and a hat. Spray in the early morning before 10:00 a.m. Completely saturate plant on surface and underside of leaves. The Sticker will help keep the insecticide on for about three weeks. It won't be washed off by rain. Make sure you put the clothes you wore in a separate pile and wash them in one load by themselves after spraying. Take a shower as soon as possible, because chemicals cause different reactions in different people.

Q. When is the right time to plant annuals?

A. Plant about the middle of May, or when the danger of frost is past.

Q. What do the three numbers stand for in fertilizers?

A. The first number stands for the nitrogen level, which promotes dark green color and rapid growth, improves yield and quality of leaf crop, enhances protein content of the food crop, and aids in stress and tolerance. The second number is for the phosphorous level, which stimulates early growth, promotes early plant vigor, influences blooming for more blooms, and seed formation. This level also imparts hardiness in grasses and perennials. The third stands for the potassium level, which conveys vigor, encourages rooting, and assists protein formation, fruit quality, and stem or stalk stiffness.

GARDENING

AN ANNUALS EXTRAVAGANZA

Everything you wanted to know about these colorful showoffs that you stick into the ground each spring—hoping for the best.

by Bruce Lockwood

Annual flowers are the showy extroverts of yard and garden. They live for only one season, but it's a long one—from mid-May to late October. Unlike other flowers, such as perennials that bloom and then wither, annuals keep getting better as they fill in and multiply.

From brilliant reds, golds, and blues to soft salmons, pinks, and mauves, annuals are a landscaper's most dependable source of hue. These flowers are especially useful as foundation plantings and for filling in areas around bushes and trees, providing lasting color when interspersed among waxing and waning perennials.

So easy are they to grow that many gardeners just plop them in the ground, douse them with water, and let them go—not realizing that with just a little extra care, their annual bed could be the envy of the neighborhood. Creating the best-looking annual flower bed on your block is not very difficult.

Starting an Annual Bed

First, choose a location and select the right flowers for the exposure. For sunny areas, plant petunias, pansies, marigolds, salvia, vinca, snapdragons, begonia, ageratum, and alyssum. For partial shade: impatiens, pansies, coleus, forget-me-nots, lobelia, nicotiana, snapdragons, begonia, dianthuses, and alyssum. For shade: impatiens, coleus, viola, forget-me nots, mimulus, and calceolaria.

In laying out the bed, use your garden hose to outline the selected area. With a can of orange marker spray paint, spray spots of paint every few feet along the hose. Then remove the hose entirely and connect the dots. This will give you the design for your bed, which you will then need to spray with a herbicide.

Use Roundup concentrate, five ounces to one gallon, in a one-gallon spray container. Add a small bottle of black Rit dye to the mixture. This will help you see where you have sprayed and prevent your tracking herbicide across your lawn. Wait six days before tilling soil.

Soil Preparation

If your soil is predominantly clay, add concrete sand. Spread two inches on top of the soil and add four inches of decomposed shredded bark. Next, add 12-12-12 fertilizer. For an area that is three feet by ten feet, add 2½ pounds, then hand-turn the entire bed with a shovel and rough rake to get out rocks and bigger clods. Follow this by rototilling the soil to mix everything in, then smooth-rake.

If your soil is sandy, spread up to four inches of decomposed wood chips and place four inches of decomposed mushroom or compost on top of that.

Plant Selection

At the nursery, don't get flowers that are more than six inches high or less than two inches. These are either leggy or slow growers; plants two to four inches high are best. Read the labels or ask a salesperson about the mature height of the plants you select, as well as how to avoid planting tall plants in front of short ones.

Planting and Care

Place annuals four to six inches apart in staggered rows. This allows the plants to fill in and produce a solid mass of color. After planting, add a layer of medium shredded bark. Mulch

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Low-growing bluefloss (*Ageratum houstonianum*) surrounds a bed of pink, red, and yellow dahlias in peak bloom.

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THE POST REMEMBERS WORLD WAR II

A CELEBRATION OF PEACE

To join America's 50-year celebration of the end of World War II (VE-Day May 8 and VJ-Day, September 2), the Post returns to its archives for a review of how the magazine covered those eventful days. We found much to be remembered: covers that still bring a smile or a tear; Norman Rockwell's enduring Four Freedoms; the unassuming Willie Gillis, America's boy-next-door; armchair soldiers, as well as the real ones beautifully illustrated by artist Mead Schaeffer. Here is the essence of that era: ordinary Americans accomplishing the extraordinary and laughing at themselves while doing it.

Although *The Saturday Evening Post* made no pretense of being a newsmagazine, editor Ben Hibbs in 1940 was confronted with an important question: Would readers be getting their nickel's worth if the *Post* failed to cover the predominant topic of that era—World War II? Although the war was already flaming on many fronts throughout the world, editor Hibbs found he had only one foreign correspondent—and that correspondent was in New York.

With the help of Martin Sommers, an outstanding newspaperman, Hibbs lost no time in answering his own question by organizing a staff of *Post* war correspondents. The core of this staff consisted of Demaree Bess, Edgar Snow, Ernest O. Hauser, John Bishop, Samuel Lubell, Charles A. Rawlings, Richard Tregaskis, William L. Worden, and MacKinlay Kantor. News photographer Larry Keighley became an accredited *Post* war photographer and turned in some notable picture scoops. The magazine published an increased volume of firsthand war observations from experienced writers, but the value of an organized foreign staff soon proved itself as U.S. forces mounted invasions in North Africa, the Mediterranean, Normandy, the South and Central Pacific, and the Philippines.

Former U.S. Ambassador to Russia Joseph E. Davies contributed a highly prophetic article, "Russia Will Hold This Summer," for the June 20, 1942, issue. Admiral Thomas C. Hart, commander of the U.S. Navy's Asiatic forces in the early stages of the war, wrote the first authoritative reports from any high commander in the Pacific for the October 3 and 10, 1942, issues of the *Post*. Correspondents Bess and Rawlings shed the first light on the murky, touch-and-go Battle of the Atlantic in consecutive issues. Bess also explained why Germany would lose the war unless she invaded Britain—another prophecy that came true. Foreign editor Sommers, after going unscathed through the North African campaign as an Army lieutenant colonel on leave from the *Post*, covered the Cherbourg landing from the battleship *Texas* as a *Post* correspondent and was nearly killed when an 11-inch Nazi shell scored a direct hit on the bridge.

C. S. Forester, the noted British author of the Hornblower serials, novelettes, and short stories in the *Post*, made a facile conversion from fiction writer to naval analyst with "How the British Sank the *Scharnhorst*"—his vivid classic of war reporting.

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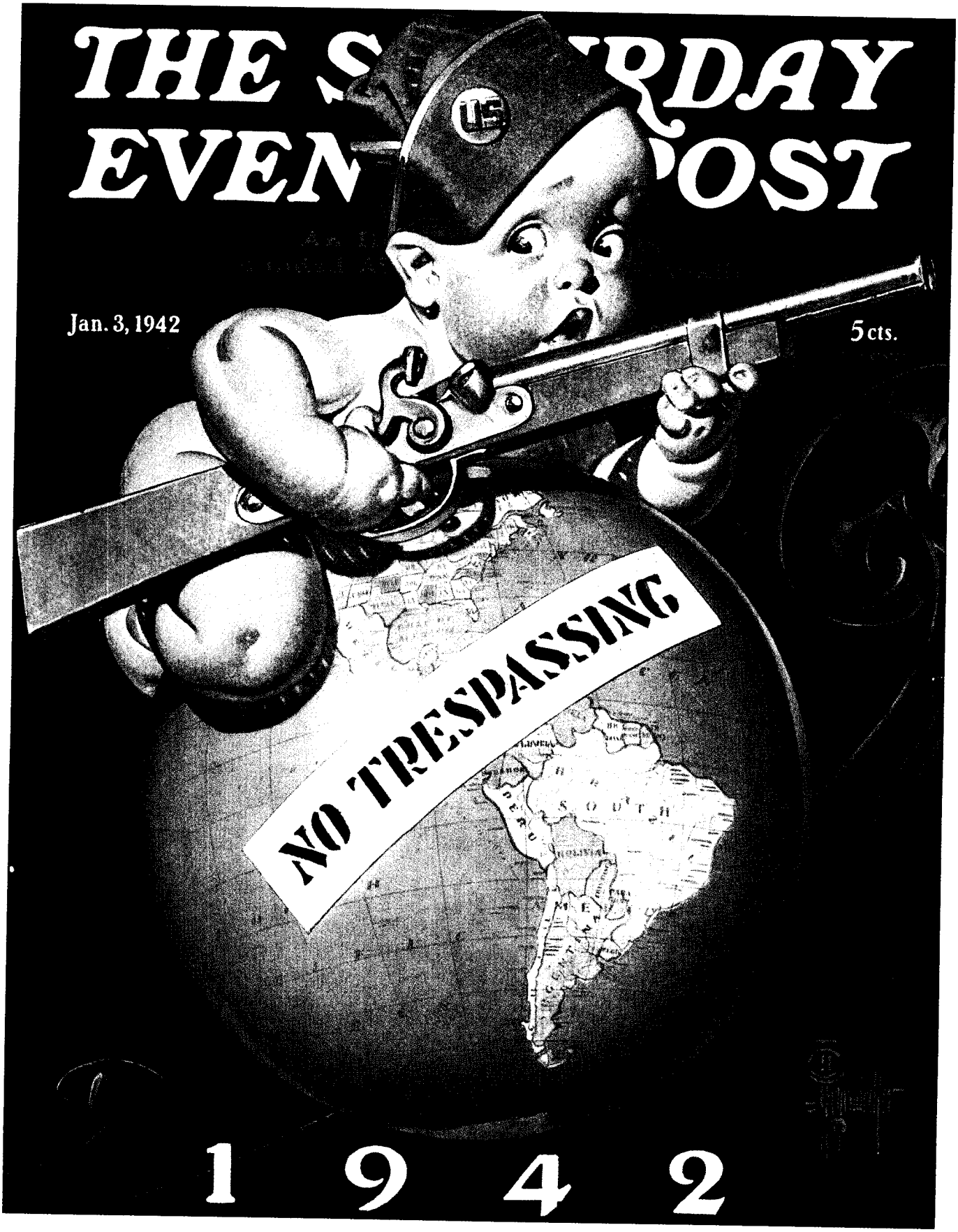

As reflected in this cover by J.C. Leyendecker, the Japanese attack of Pearl Harbor less than a month earlier forever put an end to America's policy of isolationism.

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At 3:00 one July morning in 1942, cover artist Norman Rockwell jumped out of bed with an inspiration. For weeks he had been wondering how he could help the war effort; it suddenly occurred to him to paint the Four Freedoms to help America's millions visualize what they were fighting for. Rockwell and his artist friend Mead Schaeffer went to Washington. There, Rockwell presented his pictorial concept of the Four Freedoms to government officials. They encouraged his idea, so Rockwell next called on Ben Hibbs and asked to be commissioned to depict for the *Post* his ideas of the war goals. He estimated it would take three to four months. (Actually, it took six.) Although the project meant depriving the magazine of Rockwell's classic covers, which otherwise would have been painted during that time, Hibbs told him to go ahead. The result was perhaps the most graphic illustration of the nation's victory objective in existence. As Hibbs reported four years later:

"The result astonished us all. The pictures were published early in 1943, not as covers but as inside features, and each was accompanied by a short article by such well-known writers as Booth Tarkington, Will Durant, and Stephen Vincent Benét, saying in words what Rockwell was saying on canvas. Requests to reprint flooded in from other publications. Various government agencies and private organizations made millions of reprints in the form of posters, and plastered this country and many other parts of the world with them. Subsequently, the Treasury Department took the original paintings on a nationwide tour as the centerpiece of a *Post* art show to sell war bonds. They were seen by 1,222,000 people in 16 leading cities, and these people bought $132,992,539 in war bonds. I am proud of the job those pictures did in crystallizing the essence of the American creed during the dark days of the war."

The Treasury Department singled out the Norman Rockwell cover of a young soldier returning from the wars to his tenement home, his welcoming family, and his shy girlfriend as the official poster for the Victory Bond Drive. Retailers across the country displayed more than 300,000 posters made from the cover.

Joseph Auslander's five stirring poems in tribute to the "Unconquerables" —Greece, Czechoslovakia, the Netherlands, Poland, and Norway—fired the spirit of the nation and the Allies in the

Rockwell's "Armchair General" portrayed the ends family and friends would go to keep up with the troops in Europe.

Award-winning Post *photographer Larry Keighley offered the world an exclusive look at the signing of the Japanese surrender.*

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With millions of troops overseas, Willie Gillis and other homebound soldiers suddenly found themselves in demand with the young ladies.

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fall of 1943. They were published in a full page, illustrated, in consecutive issues of September 25 and October 2, 9, 16, and 23. The ambassadors-in-exile of the five nations officially endorsed the poems. They were widely reprinted to inspire the underground movements in the invaded nations and became the motif of the Fourth War Loan drive.

The war caused a host of backstage aggravations and headaches that *Post* readers never suspected. Typical of these was the case of Willie Gillis, the apple-cheeked American boy who personified an Army private on *Post* covers. Not long after Norman Rockwell spotted young Robert Otis Buck—his real name—to model for Willie, Buck entered the Navy. Throughout the rest of the war, Rockwell had to draw his famous Willie Gillis covers from photographs and memory.

One of the weirdest developments of the war—one that underscored the *Post*'s knack for depicting the shape of things to come—occurred when federal operatives visited the editorial department and asked two things: the impounding of all back copies of the September 7, 1940, *Post* and the names and addresses of all persons requesting that issue. At first, so great was the air of secrecy, the operatives declined to say why they wanted these things done. The most they divulged was that national security demanded the steps.

The answer to the office mystery later fell upon the world at Hiroshima. The *Post* in question contained an article, "The Atom Gives Up" by William L. Laurence, who was perhaps the foremost journalistic authority on the atom. Five years before the first bomb, it calmly told of the discovery of uranium 235 and the possibility that science could manufacture an awesome new weapon from it. In keeping track of inquiries for the article, the *Post*, as it turned out, was assisting in anti-espionage measures. Laurence himself ran up against security when he entered the Oak Ridge, Tennessee, plant at government request to prepare releases on the A-bomb. In his briefcase was a copy of the 1940 *Post*. Guards took it away and told him it was a secret. "Secret?" Laurence exclaimed. "Why, at least 20 million people have seen it." That, he was told, made no difference. His article was locked up in a safe, and he had to ask permission every time he wanted to consult it.

At the close of the war, photographer

"Battery Commander" was one of eight highly acclaimed covers by Mead Schaeffer.

Larry Keighley climbed to the top of a gun turret on the *U.S.S. Missouri* and snapped an unscheduled color photo of the Japanese surrender. Immediately hailed as a classic of photographic coverage, Keighley's historic picture won the National Headliner's Club award for the best "News magazine photograph" of 1945-46.

Although, as earlier noted, the *Post* made no pretense of qualifying as a newsmagazine, yet another unexpected incident would belie the title, at the same time boosting the morale of American soldiers engaged in fighting our global war.

It concerns an experience of Lt. Jack E. Manch of Staunton, Virginia, one of General James H. Doolittle's Tokyo bombers who made a forced landing in China after the bombing.

The greatest difficulty of the American fliers who landed in China was in identifying themselves to the Chinese people they met who could speak no English—our fliers, of course, being able to speak no Chinese. At first the Chinese people he met fled from Lieutenant Manch, but eventually he encountered a man who tried to identify him.

"First, the man drew a Japanese flag," Lieutenant Manch said. "I didn't know whether he wanted to know if I had bombed Japan or whether I was [Japanese] myself. I held my nose and waved the picture away. The Chinese grinned and then brought out a clipping of an old Blenheim and pointed to the English insignia.

"I shook my head. Then he brought out an old copy of *The Saturday Evening Post* with a picture of President Roosevelt. I grinned and pointed to Mr. Roosevelt and then to myself. He got the idea, and everybody in the room laughed, and we shook hands."

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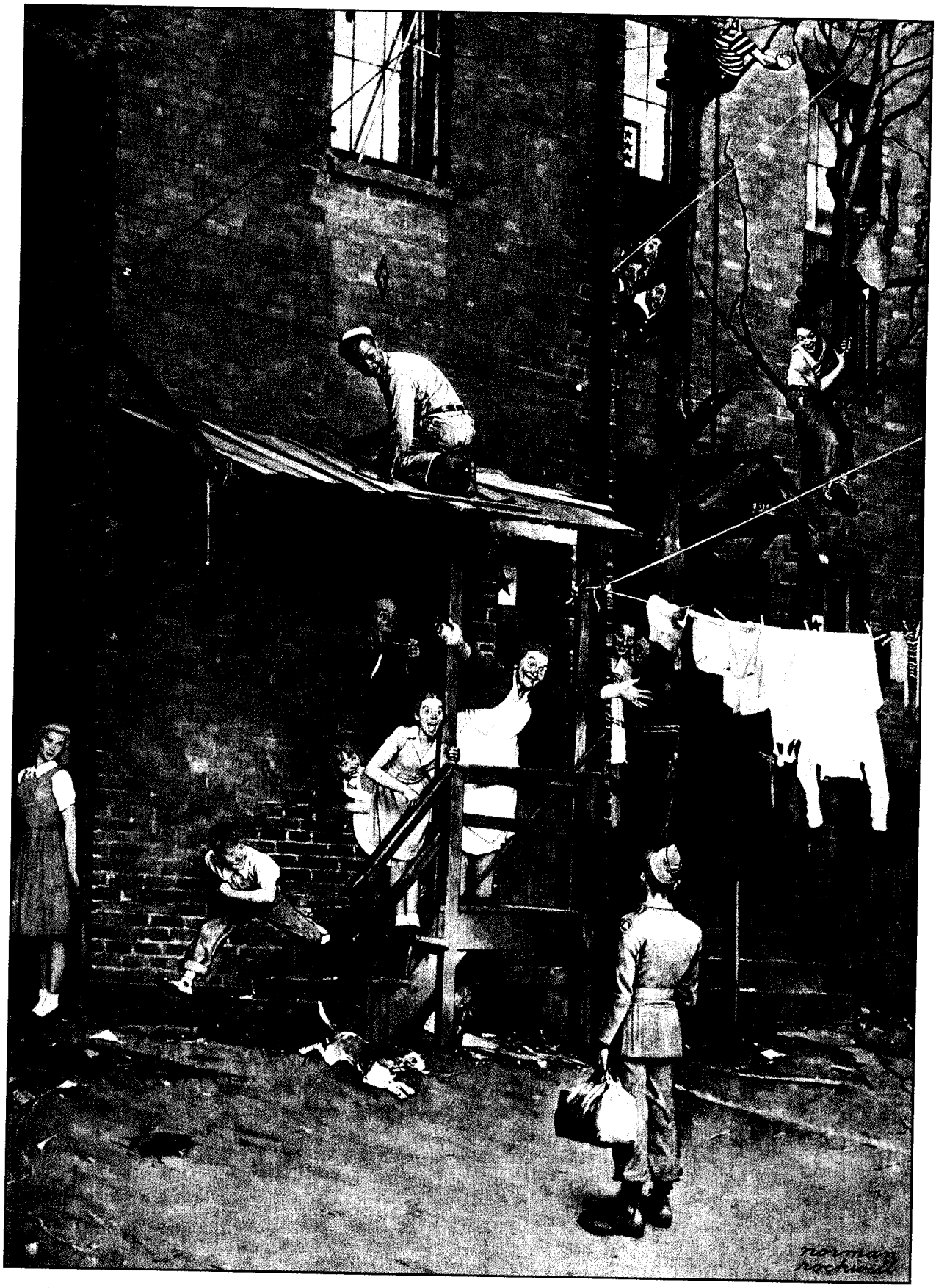

The "Homecoming Soldier" was Rockwell's favorite war theme. Although he painted six variations on the motif, this 1945 cover is perhaps his most memorable and beloved.

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THE POST REMEMBERS WORLD WAR II

REMEMBERING THE WASPS

A salute to the courageous women during World War II who took over stateside flying roles so men could go where air battles raged.

BY JOHN BOLLOW

At the beginning of World War II, the job of flying combat planes for the American military seemed only a dream to female pilots. For some, the dream came true. While the war raged in Europe, air racer Jacqueline Cochran wrote to Eleanor Roosevelt, introducing the idea of starting a women's flying division in the Army Air Force. It made sense, Cochran argued. By utilizing trained female pilots to do domestic, noncombat jobs, it would relieve men to fly combat in Europe.

In 1941, at the suggestion of General Henry H. "Hap" Arnold, architect of America's air superiority during World War II, "Jackie" recruited 25 American aviatrices to go with her to England to study how women there were being successfully used in the Air Transport Auxiliary (ATA). The American recruits flew the Royal Air Force's front-line aircraft in noncombat roles, but they worked under combat-like conditions.

During Cochran's time in England, her dream of a U.S.-based women's air corps had begun to take shape; simultaneously, the United States was suffering a severe shortage of combat-ready American pilots. Thanks to Cochran's vision, Arnold realized that he could replace men with women in stateside flying roles and send more men to the fighting front. Thus, the Women's Air Force Service Pilot program (WASP) was formed, with Cochran at its head.

Returning to the United States, Cochran worked with ferocious energy on the WASP program. Her team spent countless hours researching statistics on women pilots. Among other qualifications, the candidates had to be between 21 and 35 years of age and have logged at least 200 hours of flying time. As word leaked out about the revolutionary new program, applications began pouring in, eventually totaling over 25,000. Actresses and secretaries, dancers and housewives, nurses and doctors—patriotic women of all backgrounds applied. Those who were able to stand up to Cochran's flashing brown eyes during the interview received telegrams that read: "Report to Avenger Field, Sweetwater, Texas, for training."

WASP Jo Wallace Orr remembers the novelty of females flying combat planes. "Mechanics would let each other know when I was coming to the next airport," says the wife of former Indiana Governor Robert D. Orr. "They'd all rush to greet me and get my autograph.... It was funny and flattering." (Above) Grandson William Orr of New Haven, Connecticut, likes hearing about his grandmother's wartime experiences.

Finally, 1,830 were accepted into training, but select few graduated. The well-trained graduates were assigned to all branches of the U.S. Army Air Corps throughout the country: Service Command, Tow Targets, Weather Wing, Ferry Command, navigators, and bombardiers. Today, surviving WASPs look back on their wartime experiences with a mixture of pride and humor.

Chance of a Lifetime

Unlike many WASPs, Jo Wallace Orr had not considered a career in aviation before World War II. Nonetheless, the taste for adventure,

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Despite an occasional engine fire, WASP Violet Thurn was fond of flying the P-51 Mustang pursuit plane. Now a grandmother of one, she lives in Huntington Beach, California, and still likes to go up in vintage war planes. Two years ago, she made her first parachute jump at age 76.

promised in Jackie Cochran's innovative new program, looked like too rare an opportunity to pass up.

At 19, Jo located a small, farm-based flying school in Stormville, New York, and began racking up flying hours. With the required flying hours under her belt, Jo Wallace sent in her application, fit the description of what Jackie Cochran was looking for, and was accepted into class 44-W-2.

After six strenuous months of flight training and one month of flight-instrument training, the big day arrived when the hard-working new pilots won their wings and assignments.

General "Hap" Arnold attended Jo's class graduation to show support for their wartime efforts. "Our graduation was the only one he attended, so it was a thrilling occasion," she remembers.

When it came time to pin on the wings, General Arnold unbuttoned the top button of the uniform jacket, as he always had, to place the prongs on the back of the wings.

"I was the first one up. He unbuttoned the top of my jacket, put his hand in—and all of a sudden turned beet red," Jo laughs. "He was so embarrassed that everyone else was handed their wings."

After graduation, Jo was assigned to the Ferry Command, considered a "plum assignment." One of her many tasks was picking up Bell aircraft from Buffalo, New York, to be delivered to the Russians in Great Falls, Montana. After Jo delivered the P-39 and P-63 fighters into Russian hands, the friendly Russian pilots would *insist* on her joining them for vodka.

"They'd really get mad if I didn't drink," Jo remembers. Because alcohol consumption was strictly forbidden while on assignment, Jo faced a dilemma—and no amount of explanation would make the Russians desist. So what's a young girl to do?

"I'd fill my boots with vodka," Jo reveals, "slosh to the bathroom, then dump them in the john."

Flying routes all across the country on a regular basis, Jo encountered camaraderie, respect, and more than one look of surprise as a female military pilot. One memorable occasion occurred while ferrying a C-47 (the cargo version of what would eventually become the DC-3 passenger plane) from Norman, Oklahoma. Upon parking next to a commercial-airline plane at a stop in Memphis, one of two pilots was overheard to say, looking over at a *woman* pulling in the same plane they were flying, "Well, I guess they found us out!"

Because the military was predominately male, clerks and supply personnel handed out materials so routinely that they often didn't even look up.

One time, after delivering and checking in a B-25 transport plane to Dorval Field in Montreal, the clerk, busy checking papers, perfunctorily pushed a kit across the counter. Back at her hotel, Jo opened it and discovered prophylactics—something the innocent young girl had never seen before.

On her next trip, Jo was once again handed the "kit." This time, however, she loudly cleared her throat, immediately getting the attention of a *very* embarrassed soldier. "He just about died," she says with a laugh.

Jo became a well-known face along the "southern route," which went through states like Mississippi and Alabama. Mechanics along the route were so thrilled and impressed with the young female pilot (they'd never

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THE POST REMEMBERS WORLD WAR II

THE FOUR FREEDOMS LIVE ON

"I call for a world founded upon four essential human freedoms," declaimed President Franklin Delano Roosevelt in his January 6, 1941, annual State of the Union message. "Freedom of speech and expression, freedom of worship, freedom from want, and freedom from fear."

With U.S. entry into World War II still nearly a year away, Roosevelt nevertheless began urging support of the nations already fighting on other continents to defend these freedoms and democracy. As early as August of '41, he and Prime Minister Winston Churchill would use the Atlantic Charter to incorporate the Four Freedoms—whose preservation would become the goal of the Allied war effort.

To those of us sitting safely behind corporate desks, serenely sowing wheat fields, or facing nothing more fearsome than a classroom of rambunctious youngsters, the call for material support opened the door to our personal entry into the war effort.

Dramatic war-bond posters hanging in every factory, office, store, and government building stirred our patriotic passion with headlines of "Buy a Share in America," "Bonds for Victory," "Back the Attack," and "Make Your Own Declaration of War." The Series "E" bond, in denominations of $25 to $1,000, made it possible for even people of limited means to exercise their patriotic duty.

People of note came off the stage, out of the boardroom, down from the pulpit, and left their pedestals to promote the ten-year, nonnegotiable, government-backed deeds to a share in the war effort. One well-known personality who came from in front of the movie camera would never return. Following a bond rally in Indianapolis, actress Carole Lombard (wife of Clark Gable) died in a plane crash en route to another such engagement.

Another notable among the patriots sacrificing their time and talent upon the altar of the war-bond effort was America's premier illustrator, Norman Rockwell. Hard upon the heels of President Roosevelt's stirring 1941 address to Congress that set out the four freedoms, Rockwell began painting images of those freedoms, images destined to become enduring national symbols. Achieved in six feverish months during the war days in 1942, the artist so successfully captured Roosevelt's concepts on canvas that they remain no less compelling or relevant today. The fundamental principles still apply; Rockwell's Four Freedoms inspire with the same power as they did 52 years ago.

In 1943, with its enormous circulation, the *Post* earned abundant publicity and goodwill not only by publishing the Four Freedoms but by using Rockwell's paintings to promote the nationwide war-bond campaign. Thus, the *Post* became part of the great media propaganda machine that helped raise hundreds of millions from the private sector to pay for, and ultimately to win, the war.

BY MAYNARD GOOD STODDARD

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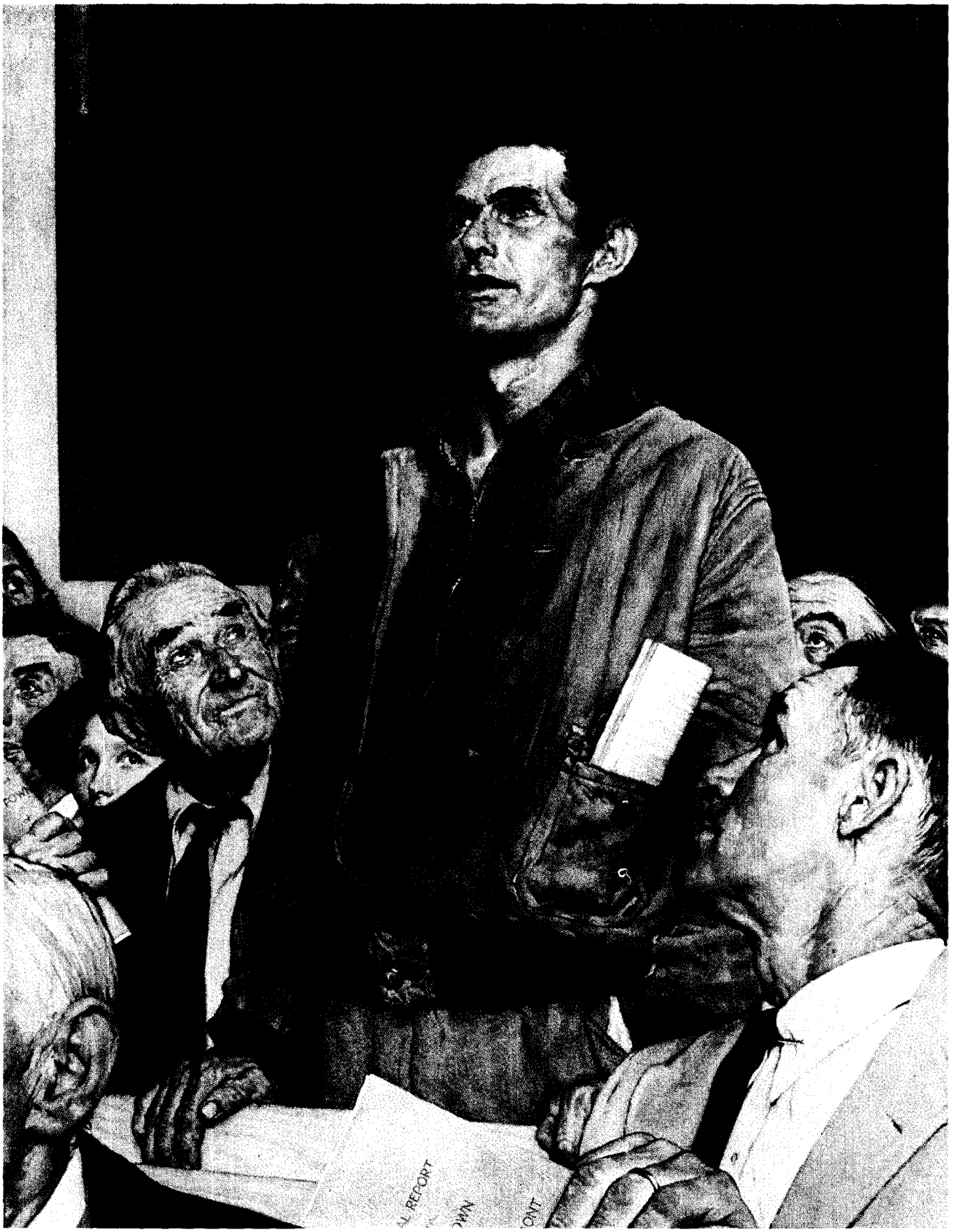

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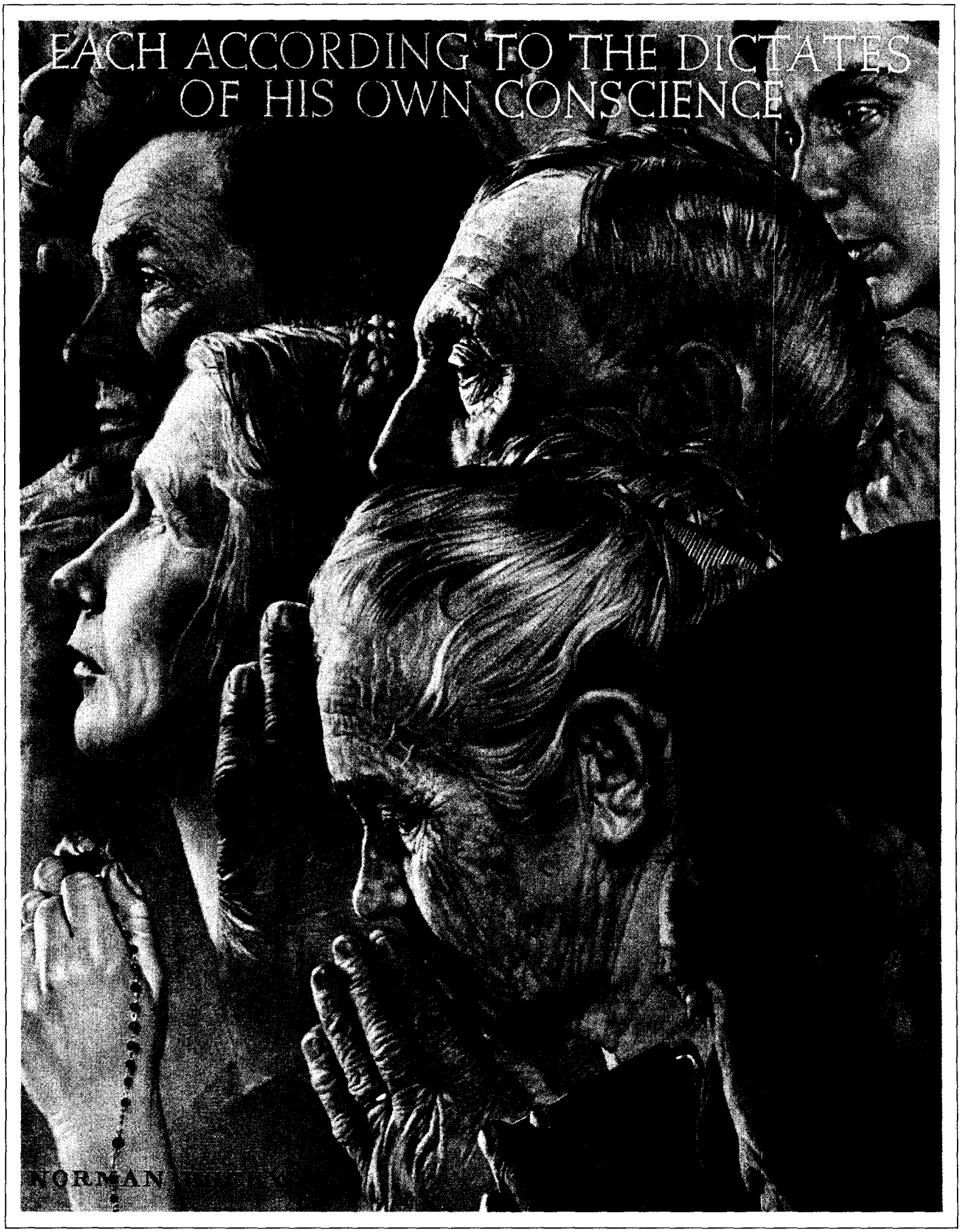

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FREEDOM FROM WANT

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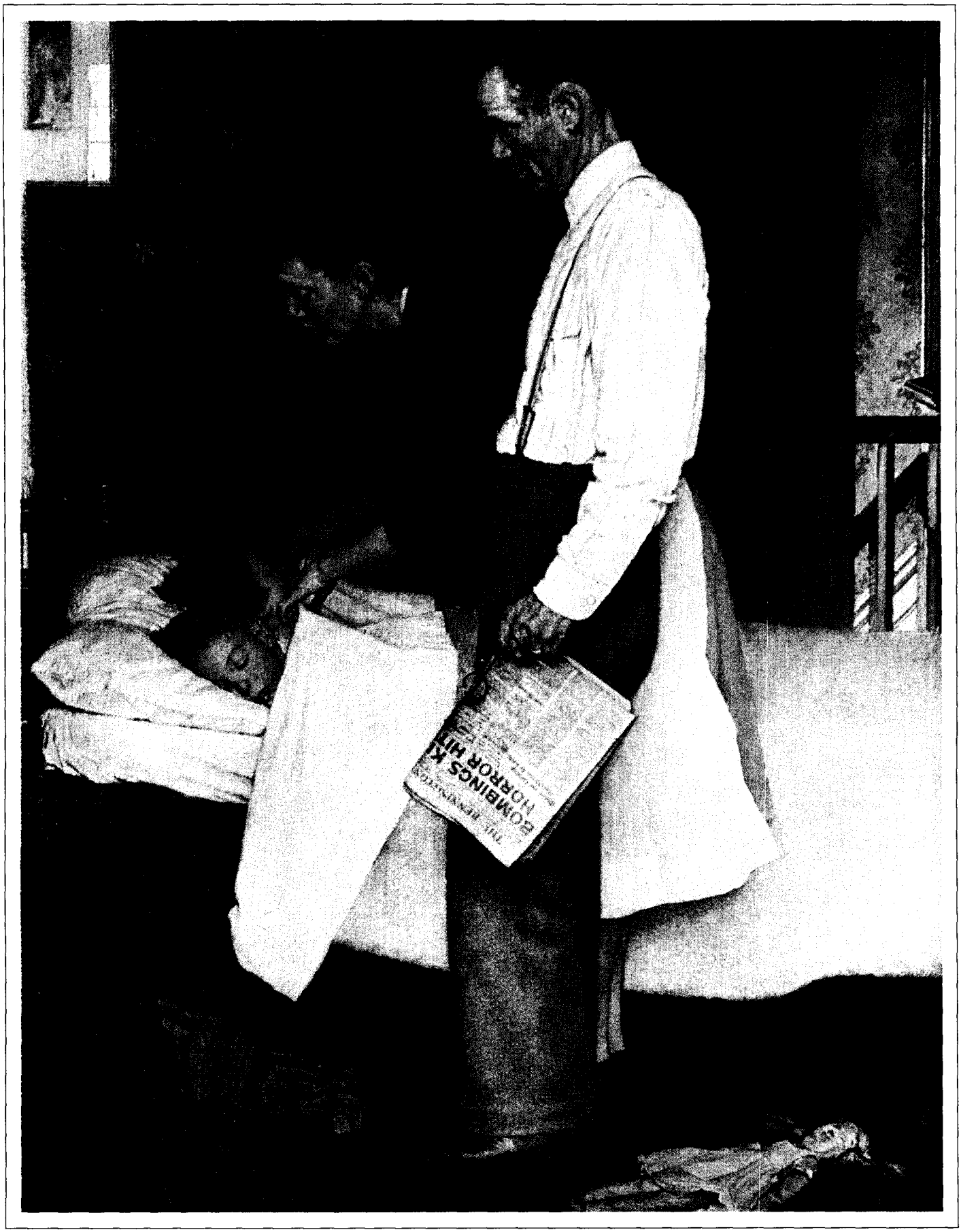

FREEDOM FROM FEAR

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met a woman pilot before) that they started a Jo Wallace Fan Club.

"They'd find out when and where I was coming in, and the word would spread like wildfire. They'd rush to greet my plane," Jo fondly remembers. "When I'd park, they'd all want my autograph. . . . It was funny and flattering."

As long as she lives, Jo Orr remains grateful for the training and discipline she received as a WASP, always remembering her military service as an "experience of a lifetime above anything else imaginable."

Fiery Landing

Ninety-two-pound schoolteacher Violet Thurn was initially told that she could not join the WASPs because her weight was under the 100-pound limit. She responded by eating everything in sight, gaining more than eight pounds in one week.

One of Vi's assignments in the WASPs was to ferry P-51 Mustangs between Houston, Texas, and Long Beach, California. Mustangs were the fighter planes that accompanied long-range bombers on runs over Germany and Japan. Ferrying them was usually routine, but Vi recalls one day in 1944 with special clarity. After flying all morning, she was coming in for a landing. Unknown to her, a fire had broken out under the wing and was slowly making its way to her fuel tanks. But that wasn't the worst of it. The night before, Vi relates, her sister in Los Angeles had had a horrifying dream: a plane Vi was flying had crashed, and Vi had been killed.

That night, Vi says, when a harbinger of death, a green Army staff car, pulled into her driveway, Vi's sister simply stood on the sidewalk, afraid to hear the obvious news. Instead, out of the back seat bounded Vi, eager to tell her story. On final approach, the Long Beach tower informed her that she was on fire; hurriedly, the airport crew cleared the runway. Vi's Army-trained instincts reacted quickly, enabling her to bring the plane in before the flames reached the fuel tanks. Only times of war can cause two people to embrace as Vi and her sister did on that driveway.

Rear Approach

Caro Bayley was working at an

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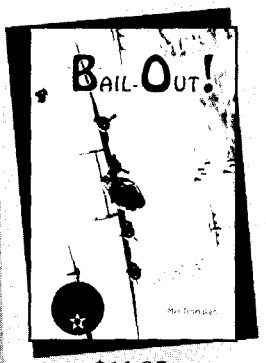

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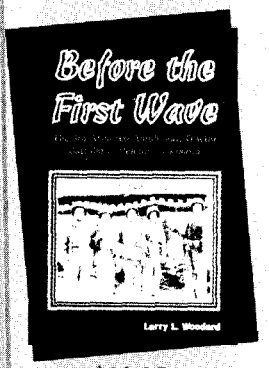

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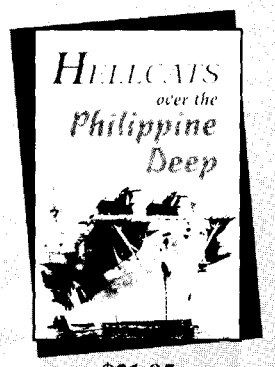

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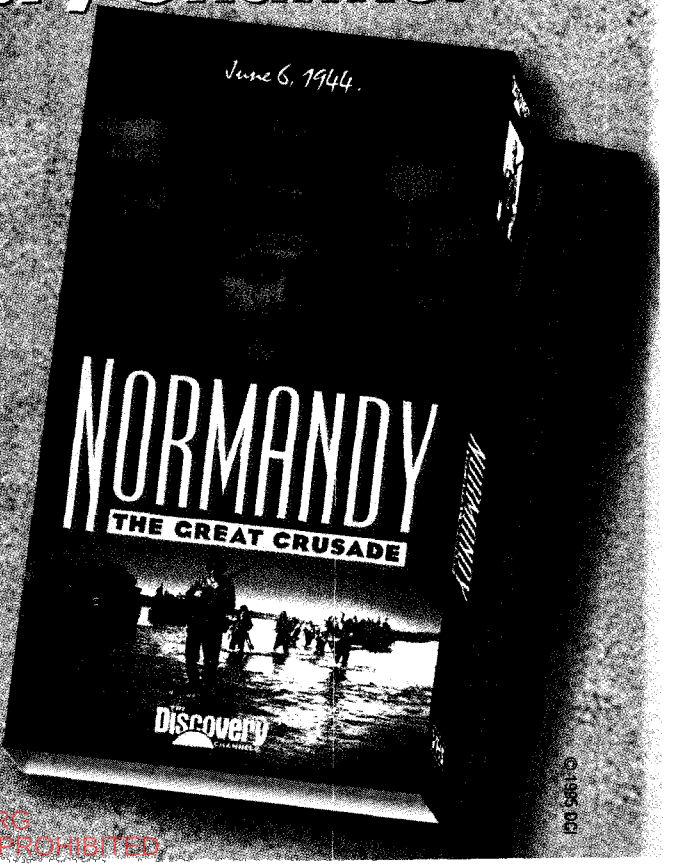

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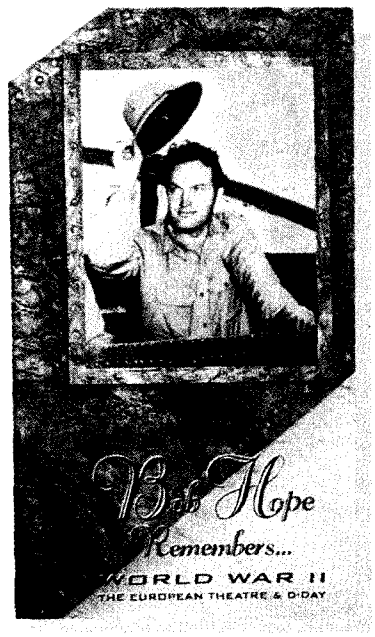

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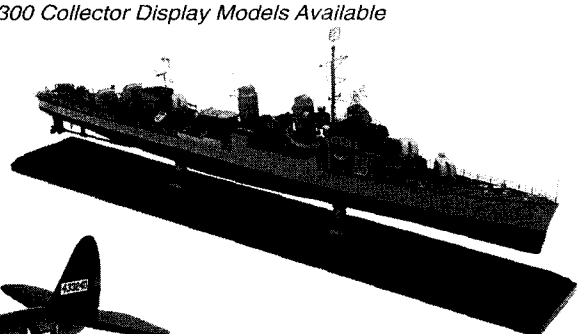

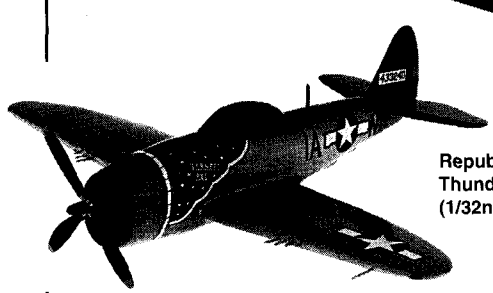

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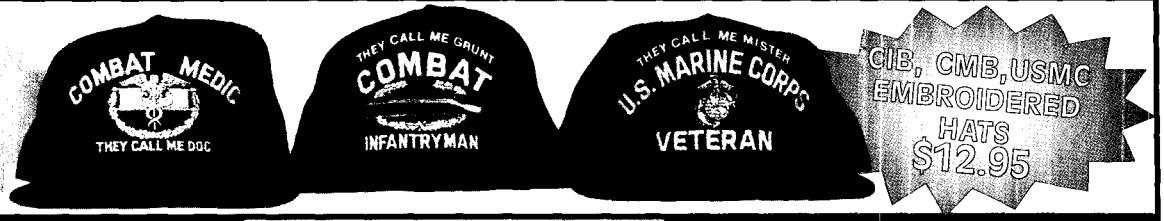

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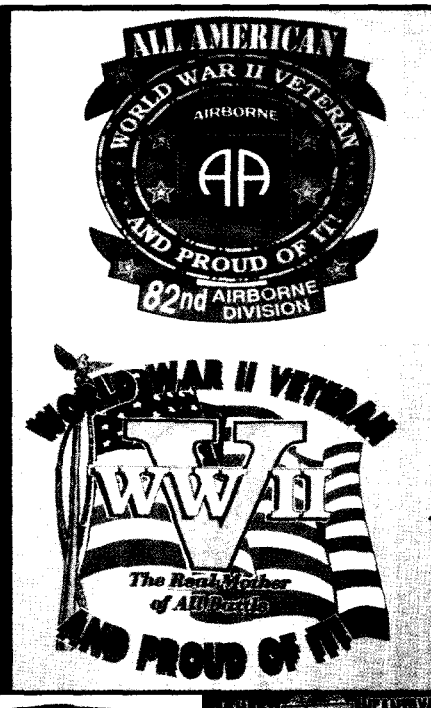

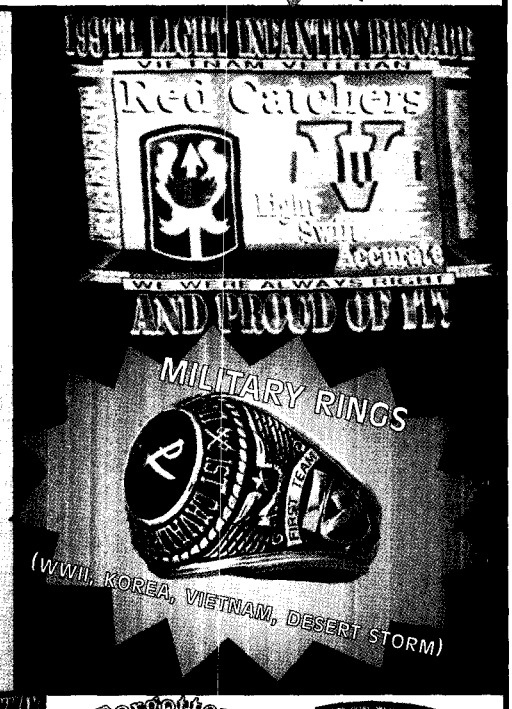

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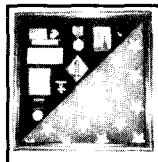

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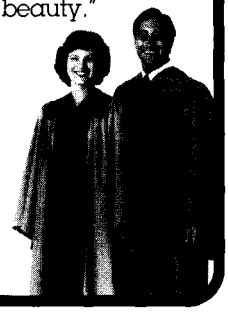

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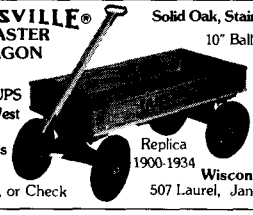

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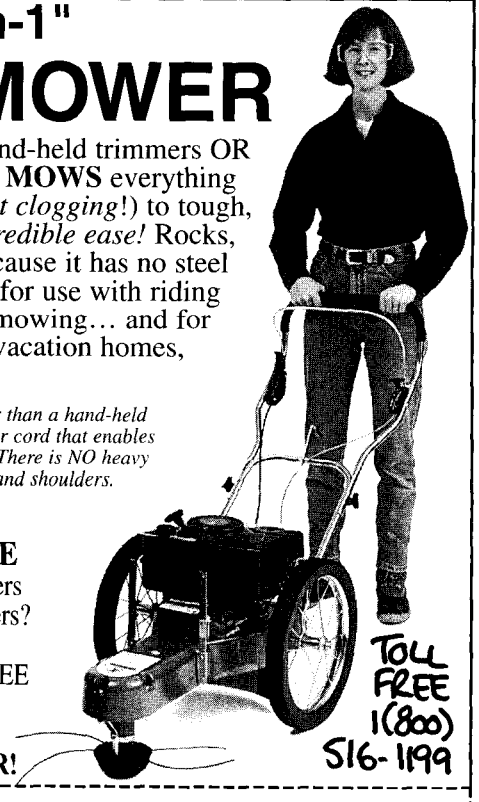

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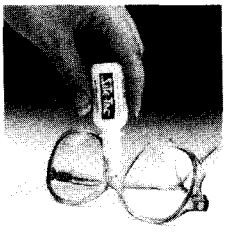

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Remembering the WASPs

continued from page 65

airport when she first heard about the WASPs. In the summer of '41, 19-year-old Caro got her pilot's license and landed a job at Patterson Air Field, running the traffic desk and recording incoming and outgoing flight-plans. One day in the fall of '42, some women landed at the airfield for refueling while ferrying planes for the Army. Caro investigated, interviewed with a WASP recruiter, and was on her way to Sweetwater not long after her 21st birthday.

With the sun at her back, Bayley put the bomber "Dauntless" into a steep dive, aiming right for the infantry below in a strafing simulation at Briggs Army Air Field. Nearly invisible against the high desert sun, she then pulled up at the last minute and streaked behind the recruits; she was halfway to the horizon and chuckling before the recruits had turned their guns around. The important lesson sank in quickly for the boys on the ground; the enemy would have real bullets, and you only had one chance to hit them before they hit you.

When Caro gained altitude and began to dive for another simulation, the sergeant on the ground decided to let his boys have some fun; word had gotten around that the pilot was a woman. As Caro came out of her dive no more than a hundred feet above the recruits, their greeting was unmistakable, and she laughed out loud—she had just been mooned!

Friendly Fire

High school graduate Jo Streff took a job at Marshall Field's department store in Chicago, but retail wasn't her destiny. She saved half her weekly salary to receive instruction in flying a Piper Cub. Although Jo dodged jibes from friends for her obsession with flying, the dodging of bullets was to become a regular facet of her life until she became a WASP.

Jo had been assigned to be an engineering test pilot for a cadet school in Columbus, Mississippi. Test pilots were the most unsung of patriots, making sure new cadets climbed into planes that were running perfectly, a job that required her to fly faulty planes to discover mechanical problems.

On this particular night, Jo had been

continued on page 77

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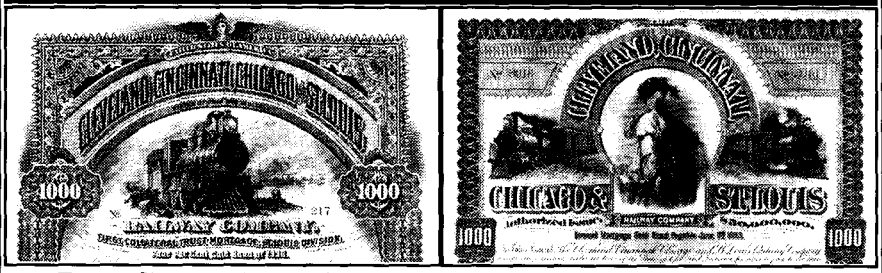

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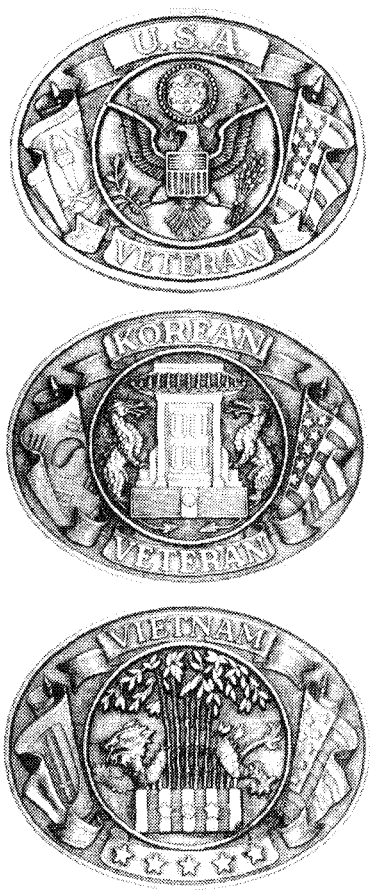

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HOLLAND BY MOTOR HOME

A drive-it-yourself tour lets you mingle with the locals and take in the tulips at every bend in the road.

by Richard Carroll

Few tourists leave the Netherlands without assorted snapshots of windmills, wooden shoes, and canals. A photographer's heaven is Kinderdijk, a picturesque region that boasts one of the largest concentrations of windmills in the country.

After a day of exploring unmarked back roads and carousing with village characters, we parked our trusty 1993 Knauss Traveler II motor home smack-dab in the middle of Naarden, near the great stone walls that have stood for centuries in this fortress city southeast of Amsterdam.

Behind us were tall, narrow, ivy-covered houses with red-brick chimneys. A few hundred yards further, an ancient four-sided clock tower, as well as Gothic and Renaissance buildings, reflected the last rays of daylight.

Over a glass of local wine, we laughed, reliving sights of the day: the Citroën camper that looked like an outhouse on wheels; the sign on the rear of a dented Mercedes, "J. Whacker—Dentist"; a 15th-century floating cellar in Edam; and in the Town Hall Museum, an oil painting of a nine-foot woman. We saw her wooden shoes, larger than anything Wilt Chamberlain ever wore, sitting just under the painting.

The ancient, walled town of Heusden, with its picturesque streets, is a perfect place for strolling. In some towns, people still wear traditional costumes, but there's no dress code for tourists.

Riding on the ferry across the Meuse River (which the Dutch call the "Maas"), we were stuck behind a large tractor driven by a young, attractive blonde hauling a large trailer of hay. Smiling, she threw us a kiss.

We felt as free as a band of gypsies in control of our valuable vacation time. On a whim, we could go down small lanes to ruined castles or remote villages and speak with people whose customs seem unchanged throughout centuries. If the village was not on the map, it was a prime candidate for exploration.

My wife, Donna, and our traveling companions, an Atlanta couple, felt as if they were on a magic carpet, ready for any scenario that unfolded.

The two women, both splendid cooks, whipped together a dinner of garlic noodles, using the small but adequate refrigerator and two butane stove-top burners. We packed in 70 pounds of fat-free staples and snacks, which stored easily and compensated for our daily dinners out.

Utensils were furnished, but for convenience, we brought paper plates and towels, plastic food and trash bags, instant coffee and oatmeal, a small plastic bottle of dish soap, and powdered soups and chili that could be spiced with local delicacies.

Field glasses and at least 15 favorite cassettes were also necessary. Ray Charles was perfect for the highways, with Vivaldi and Mozart enlightening the dazzling Netherlands countryside of windmills, canals, and plump cows.

We watched four boys kick a soccer ball against the fortress wall, while a sassy, tiger-striped cat dined on hunks of cheese we had bought in Gouda. Throughout the night, the

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Cozy little shops in Edam sell everything from world-renowned cheese to fresh fruits and jams. Impromptu picnics are easy on the budget, as well as the waistband.

IF YOU GO:

Campgrounds: Europe has more than 6,000 campgrounds, most of which are family-owned and cost from $10 to $15 a night. Some are mini-resorts; others offer electrical hookups and showers.

Motor home rentals: Global Motorhome Travel rental rates include unlimited mileage, full insurance with $400 deductible, pickup and drop-off service at many airports, and a 24-hour hotline. Write to: Global Motorhome Travel Reservations, 1142 Manhattan Ave., Suite 300, Manhattan Beach, CA 90266. Telephone 800-GMT-EURO or 310-318-9995.

Flights: Martinair Holland, in operation since 1958, buys its aircraft new, directly from the manufacturer, and offers special, low-price, round-trip fares to Amsterdam. Call 800-MARTINAIR.

For more information about the Netherlands, contact the Netherlands Board of Tourism in New York, Chicago, Los Angeles, or Toronto.

clock faithfully chimed the hour as the cat, undaunted by a rain squall, sat by the rear door begging for more cheese.

The previous night, we had pulled off the road and parked near riding-school stables in a wooded area. In minutes, there was a knock at the door, and a man with an armful of open beer bottles stumbled into the motor home, leaving a trail of foamy brew along the way.

In broken English, he announced, "My name Klaus. I teach horses to jump, and I love Americans. My dream is to go to Los Angeles and see Alcatraz, or is it San Francisco? The Golden Gate Bridge is in Los Angeles." He spent an hour with us and invited us on a ride the following morning.

Klaus fell in love with the RV, as had we. We had booked it through Global Motorhome Travel, and it was waiting for us when we arrived by way of Martinair Holland at Schiphol Airport in Amsterdam.

The motor home exceeded our expectations. Not as fancy or as large as its North American counterpart, it was perfect for Europe and ideal for two couples.

Besides the fully equipped kitchen, there was a coffee maker and a small bathroom with a flush toilet, hot shower, towels, and bed linens. A seating area and dining table folded into a bed for two. Above the cab was another sleeping area for two with curtains and reading lights.

Other features were power steering, a turbo-diesel engine for fuel economy, a five-speed manual shift, dual batteries, and (for the navigator) English-language maps and a campground guide. There was also storage for soft-sided luggage and clothing.

Researching the trip, we found that there was no better European travel value. We were aware of high hotel rates and the cost of three meals a day for ten days. Our RV tabbed out at about $50 a day per person for the high season (June 15 to August 30), plus $225 for ten days of diesel fuel, which is the equivalent of a hotel room for one night. We drove 1,754 miles and averaged 20 miles per gallon.

Nevertheless, RV travel, regardless of the continent, is not for everyone. Suitable traveling companions must be selected carefully; choose friends who are flexible and easygoing. One necessity is a navigator in the passenger seat who is both familiar with the chosen route and able to follow a detailed map. The Shell Netherlands map is one of the best.

Even with a good map and a good navigator, we still drove in a circle around outer Prague, Czech Republic, for two hours looking for a certain road. We almost ended up in Poland.

After being trapped in Paris for three hours, we learned to avoid driving into large cities, parking instead in campgrounds on the outskirts, then using public transportation. Border crossing was a snap. Many countries have done away with passport delays and have only a token slowdown.

However, the fast lane of the German autobahn can intimidate even the most fearless driver. The BMWs, Mercedes, and Porsches tailgate at 95 mph on the inside lane like crazed jets; then their drivers smile at one another in the gas stations over espresso.

We spent a few days in Prague, then found we were eager to hit the road back to Holland to do some bicycling along the canals and see the city of Delft (famous for its earthenware) and Kinderdijk, the windmill region. By now, we were seasoned motorists, meandering the highways and waving amicably to Porsche-driving locals wired on espresso.

Life in the slow lane had never been more comfortable.

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Remembering the WASPs

continued from page 73

given a bad bearing by the lieutenant who was the copilot (and had fallen asleep). The bearing had put her over trigger-happy (and invasion-paranoid) Fort Benning, Georgia. Jo had precious little time to react when the gunfire started. She threw the throttle to the wall and banked the plane steeply as tracer bullets lit up the murky night. Soon out of range of the guns, Jo made her base by dawn.

Thirty-eight WASPs, however, weren't as lucky; they died in the service of their country. Two died under mysterious circumstances at Camp Davis in North Carolina. Investigators eventually discovered that sugar had been placed in the planes' gas tanks. The saboteurs were never found.

The WASPs were a hybrid of war, assigned civilian status while under U.S. Army Air Force command. They received no medical or life insurance from the Army. On December 20, 1944, the hard-working WASPs were disbanded without military status or benefits. They had flown more than 60 million miles in 78 kinds of planes with a safety record better than their male counterparts.

Fifteen years ago, 35 years after the end of WWII, Congress finally granted WASPs veteran status. ▲

Lynne Russell

continued from page 34

and good-natured as he. "When my father was stationed in Japan and we couldn't be there with him, he sent back nearly every penny he earned so I could have ballet and piano lessons," she says.

After attending parochial schools, she entered the University of Colorado in Boulder, where she studied nursing and married at age 19. Unable to reconcile her emotions with the demands of nursing ("I cried all the time," she says), she quit school and took a job writing commercials for a radio station in Fort Collins, Colorado.

By the time she left that job in 1971, she was a full-time disc jockey and divorced. She then took a job as program director and host of a news-and-interview radio show in Miami. Dunlap was one of her competitors at a Top-40 station; over the years, they kept running into each other. About the time she gave up on dating and decided she was perfectly comfortable on her own, love struck.

"One day you look at somebody and know, instantly," she says. "It's been the best thing in the world. He's very understanding and patient. He reminds me when I forget to enjoy the moment."

They moved from Miami to Jacksonville in 1978 when Russell got her first job in television. "Jim and I had an agreement," she says. "We would go wherever either one of us got a job in a market we wanted to be in."

Buoyed by a casual confidence that is the legacy of her upbringing, Russell easily made the transition to television. She modeled herself after Roger Mudd, the former CBS newsman whom she admired for his "half-smile and his conspiratorial approach. Nobody likes to be talked at. I ask myself if I understand what I'm saying, because I'm not the sharpest knife in the drawer, and I know it."

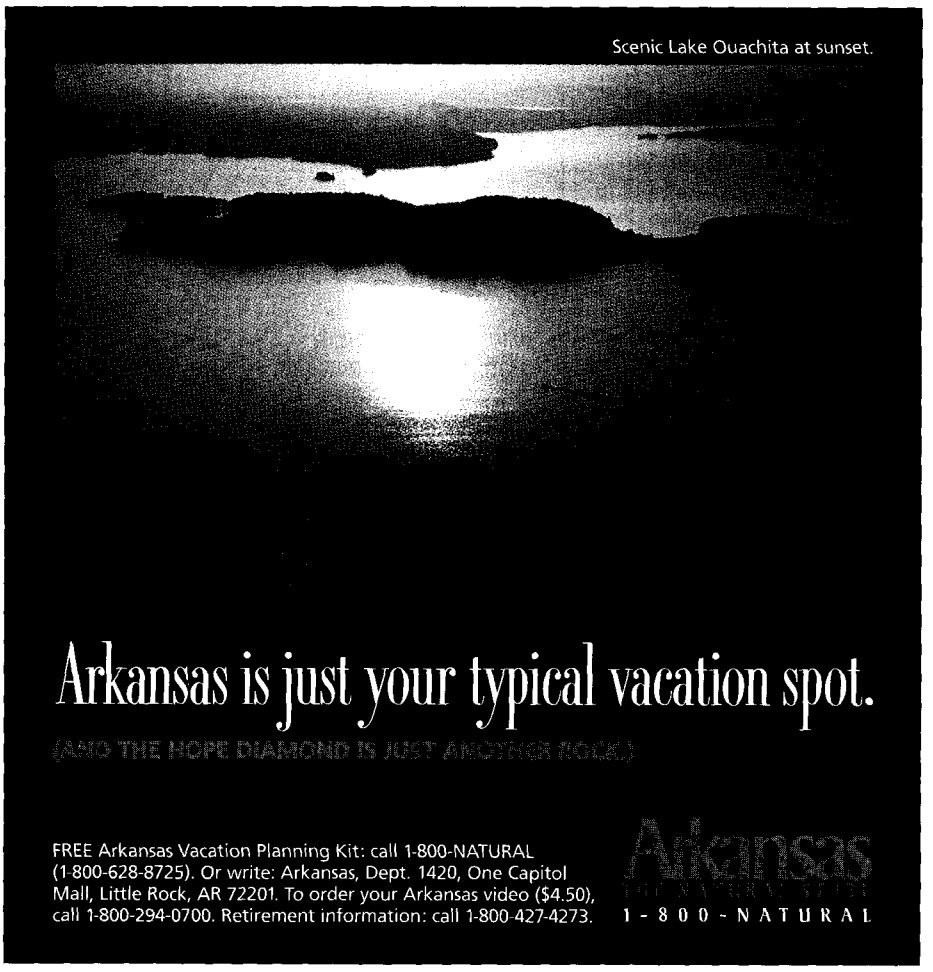
Over the next five years, she and Dunlap moved from Jacksonville to Boston to Honolulu to San Antonio, where in 1982, an acquaintance suggested she send a tape to Turner Broadcasting. Turner was starting up "Headline News," and Russell was one of the first three anchors it hired. The others were Chuck Roberts and David Goodnow, and all three are still with the network.

Dunlap decided to start a consulting business, but it was Russell who did all the second guessing. "I had left a good job in a really good market," she says. "I was working overnight and staying in a hotel, and I kept thinking, 'What the h— have I done, and who the h— is Ted Turner?' "

Her misgivings gave way to a more pressing concern. The anchors were working eight-hour shifts, which proved to be exhausting. They went to management "begging for relief," as Russell puts it.

Their hours were reduced, and Russell was given the evening anchor slot for no special reason she can recall. Even with the reduced hours, she continued to do a week-in-review show along with her nightly show and never had two days off in a row.

"We figured out at one point that Lynne literally had something like 3,000 hours of air time," says Jon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Petrovich, executive vice president of "Headline News." "I kind of felt sorry for her. She was like one of those bomber pilots in *Memphis Belle*, where they're trying to survive one last mission. She was our bomber pilot."

As she enters her 13th year of delivering the news every half-hour, four hours a night, five nights a week, it would seem she'd be bored blind. Not so.

"It's important to me, because it's the only half-hour of news some people get," she says. "So I learn to pace myself and make the energy last."

Unlike other networks, where sets are tailored to suit the anchors, the "Headline News" studio is, in Petrovich's words, "a factory." It is an expanse of bare concrete in the middle of which is a carpeted platform and a desk. Behind the desk are a glass wall and a darkened room, where producers wearing headphones sit at banks of equipment and stare up at monitors.

To one side is a newsroom, where dozens of people at computer terminals write the scripts that are delivered by hand to Russell every few minutes. She either reads from the scripts or from a TelePrompTer set at eye level next to the camera and far enough away so that her eyes scarcely move as she reads.

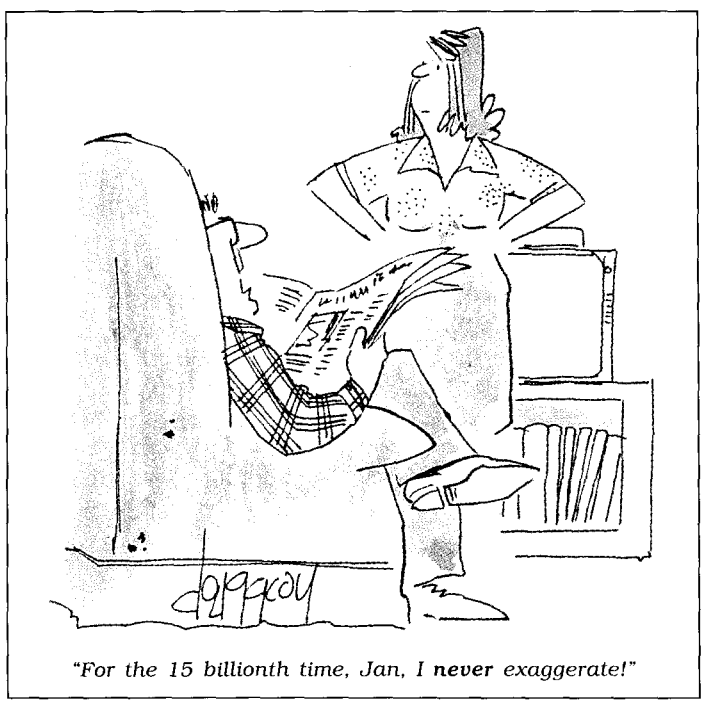
Despite the muted surroundings, Russell has what people in the business call "pop-up quality." Some nights, she is a visual firestorm.

Her scarlet blazer and vivid red lipstick are accompanied by a tight black skirt, black stockings, and three-inch spike heels viewers don't see. Factor Russell's five-foot-nine-inch frame above the heels, and she seems larger than life. People have compared her to Sophia Loren, Angie Dickinson, and Dixie Carter.

Her style, too, is distinctive. Whereas others are primly composed and favor a clipped, oracular delivery, Russell is personal, almost conversational, and has a powerful, kinetic presence she cannot quite contain. Whether it's a half-smile, an arched brow, or the toss of a shoulder, there is a restless physicality about her that suggests she might be an athlete, which she is.

While living in a part of Miami that attracted muggers and thieves, Russell took up Shotokan Karate, a full-contact martial art. She switched four years ago to a more fluid, less punishing Korean style called Choi Kwang Do.

Russell works out three or four times a week with partners or at home on a heavy bag Dunlap gave her one Christmas. Another Christmas, he gave her a thigh holster. It was Dunlap who told her about a private-investigator course that led to the part-time job and the guns, badges, cameras, tape recorders, and other paraphernalia stowed in black nylon bags in the back of her black BMW. It seems less a personal vehicle than a staff car for the Impossible Missions Force.



"For the 15 billionth time, Jan, I never exaggerate!"

Dunlap himself is a volunteer deputy sheriff and part-time paramedic. "We're a two-officer family," Russell says.

The question, of course, is why.

"I really wasn't a very physical person when I took up karate," she says, "and I felt that I really had to stretch myself. What I learned is how much I can do, and since then, I've felt this need to stretch myself, to see how far I can actually go. Also, I'm a minimalist. I love seeing what you can do with what you have."

Although warm and friendly by nature—it is beyond her to be impersonal—Russell can be ferocious when she feels injustice has been done, to people or animals.

Dunlap recalls the night she came home raging about seeing horses pulling sightseers in carriages. She called People for the Ethical Treatment of Animals and helped launch a campaign to ensure humane treatment for the horses.

When "Headline News" carries a story about cruelty to animals, children, or the downtrodden, Russell's face hardens, and her eyes narrow. Viewers were spared the look of scorn on Russell's face one night after she gave a report about a circus. The film segment had shown bears walking on their hind legs and elephants skipping rope.

"Sometimes I'm too sensitive," Russell says of what she calls her "maniac Italian" persona. "But it's real. I can't be other than what I am. If I did, I wouldn't do it at all."

Russell and Dunlap live in the suburban-Atlanta house they bought years ago for $70,000. They clean it and tend to the yard themselves, and though they have made improvements, they have done nothing that might alert *Architectural Digest*. They laughingly refer to it as their "redneck hovel."

Russell is a vegetarian ("I don't eat anything with a face," she says) who also meditates twice a day. She is so disciplined that, even when she allows herself an extravagance such as champagne, she drinks water along with it to keep herself hydrated. Discipline fails only when she is shopping or around sweets. Shoes and Twinkies are her downfall.

"But lately, she's been buying diet Twinkies," Dunlap says.

Because they are so busy with volunteer activities, Russell and Dunlap don't socialize much. "We barely have time to see each other," Russell says.

One of her best friends is her son, John, who is in his 20s. "I know when he calls, it's not out of obligation, but because he really wants to talk to me," says Russell.

As she negotiated with Turner Broadcasting last winter—the five-year contract she negotiated for herself is the longest she's ever had—Russell entertained other offers. They included a talk show and a sitcom based on her life. Asked if she had

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any acting experience, she says, "Only my first marriage, and that was more tragedy than comedy."

The sitcom idea is still floating around Hollywood, perhaps owing to the success of "Dave's World," the CBS show based on the life of *Miami Herald* columnist Dave Barry. A show, by the way, that Russell knew nothing about.

"That's the trouble with working nights," she says. "You never get to watch TV." ▲

Morning Shake-Up

continued from page 20

1 banana, sliced
½ cup fresh raspberries
1 cup nonfat cottage cheese
1 teaspoon grated orange rind
2 teaspoons orange juice

Preheat oven to 350°. Arrange toast on baking sheet. Combine strawberries, banana, and raspberries. Spoon fruit onto toast slices. Bake 10 minutes until fruit is warmed through. Combine cottage cheese, orange rind, and orange juice; spoon over fruit toast.

Per Serving:
Calories: 215 | Carbohydrate: 37.0 gm
Cholesterol: 0 mg | Protein: 12.1 gm
Sodium: 403 mg | Fat: 2 gm
Vitamin A: 15.3 RE | Vitamin E: 0.4 mg
Vitamin C: 61 mg
Diabetic exchange: 1½ fruit + 1 bread + 1 lean meat

♥ ♥ ♥

Grapefruit and Orange Cooler

(Makes 6 servings)

Juice of 2 grapefruits
Juice of 2 oranges
2 tablespoons sugar (if desired)
1 bottle (quart) lemon-lime flavored sparkling water, chilled
Ice cubes
Orange half-cartwheel slices
Fresh mint leaves

In large pitcher, combine fruit juices and sugar; stir to dissolve sugar. Add sparkling water and ice cubes. Garnish with orange half-cartwheel slices and fresh mint.

Per Serving (1 cup):
Calories: 52 | Carbohydrate: 12.1 gm
Cholesterol: 0 mg | Protein: 0.5 gm
Sodium: 2 mg | Fat: 0.1 gm
Vitamin A: 11 RE | Vitamin E: 0.2 mg
Vitamin C: 35 mg
Diabetic exchange: 1 fruit

♥ ♥ ♥

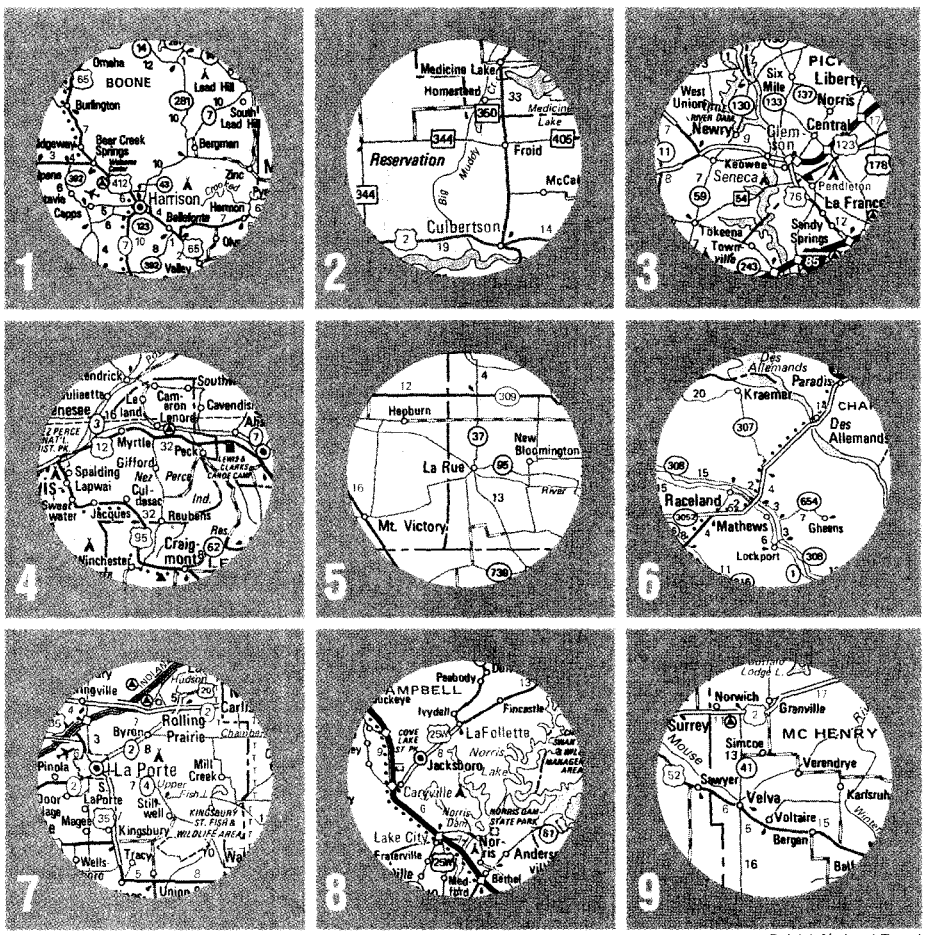
Honey-Yogurt Fruit

(Makes 5 servings)

1 tablespoon honey
1 cup nonfat lemon yogurt
1 cup strawberries
1 cup cantaloupe
½ cup green grapes (about 10)
½ cup pineapple
½ cup mandarin oranges
Mint sprig (if desired)

Combine honey and lemon yogurt. Chill. Combine fruits and fold in creamy dressing until blended. Top with mint sprig. ▲

Per Serving (⅔ cup):
Calories: 103 | Carbohydrate: 22.9 gm
Cholesterol: 1 mg | Protein: 2.2 gm
Sodium: 28 mg | Fat: 0.3 gm
Vitamin A: 12.5 RE | Vitamin E: 0.22 mg
Vitamin C: 41 mg
Diabetic exchange: 1 fruit + ½ skim milk



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 95)

Let's Hear It For Rhetoric!

continued from page 22

but it was sort of bad, too."—Charles Dickens

• "Don't die without complaining about it."—Dylan Thomas

• "The only thing we have to be afraid of is being scared to death."—Franklin Delano Roosevelt

• "We're going to fight in the streets and on the beaches and everywhere. We're not going to give up."—Winston S. Churchill

• "Ask what you can do to help your country, not the other way around."—John F. Kennedy

And one more. The critics gave it scathing reviews when it was first delivered. Who would have noted or long remembered it—if it had come

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- ☐ **Flat Feet**
- ☐ **Pain in the Balls of Your Feet**
- ☐ **Hammertoes**

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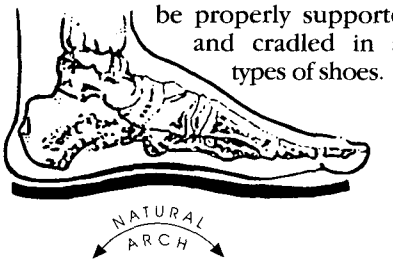

Since nothing he tried before ever gave long-lasting relief from pain, he set out to solve the problem himself.

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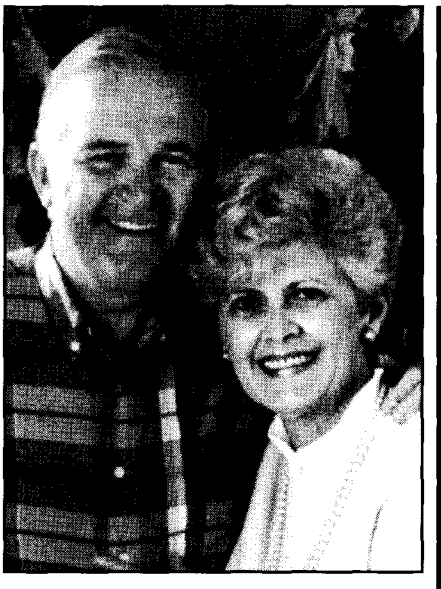

contoured design. It works together with your foot in any pair of shoes you wear.

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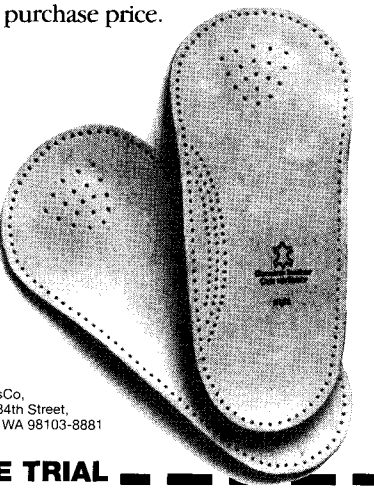

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out like this?

• "Eighty-seven years back, our predecessors started up a new nation, based on liberty and committed to the idea that all people are born about the same."—Abraham Lincoln

My wife scored 100 percent. And she agreed with me and Aristotle: rhetoric isn't so "mere" as some clowns think. ▲

Seniors "In Line" to Shape Up

continued from page 24

Basic line dances also are easy enough for anyone to learn, says Lynne Osborne, who teaches 16 line dance classes, mostly to older women in the Washington, D.C., area. "I've had people with hip replacements, bad knees, and bad backs," she says, "and they do just fine."

It's important for beginners to start slowly and progress gradually, notes Osborne, who says that over time, "line dancing helps give older adults body awareness that translates into being able to negotiate better around curbs and small children in the real world. And remembering the steps to all the dances is great mental exercise, too."

Dancing also provides a unique form of stress relief, since "there's no way you can think about anything else except what the next step is," says Spokane, Washington, dance instructor and choreographer Christy Lane, author of *Christy Lane's Complete Book of Line Dancing*.

"I've had people burst out laughing or crying in my classes, because they've had so much stress in their lives and dancing finally helped them break through the tension. Dancing gets you away from your worries into a whole new, fun world."

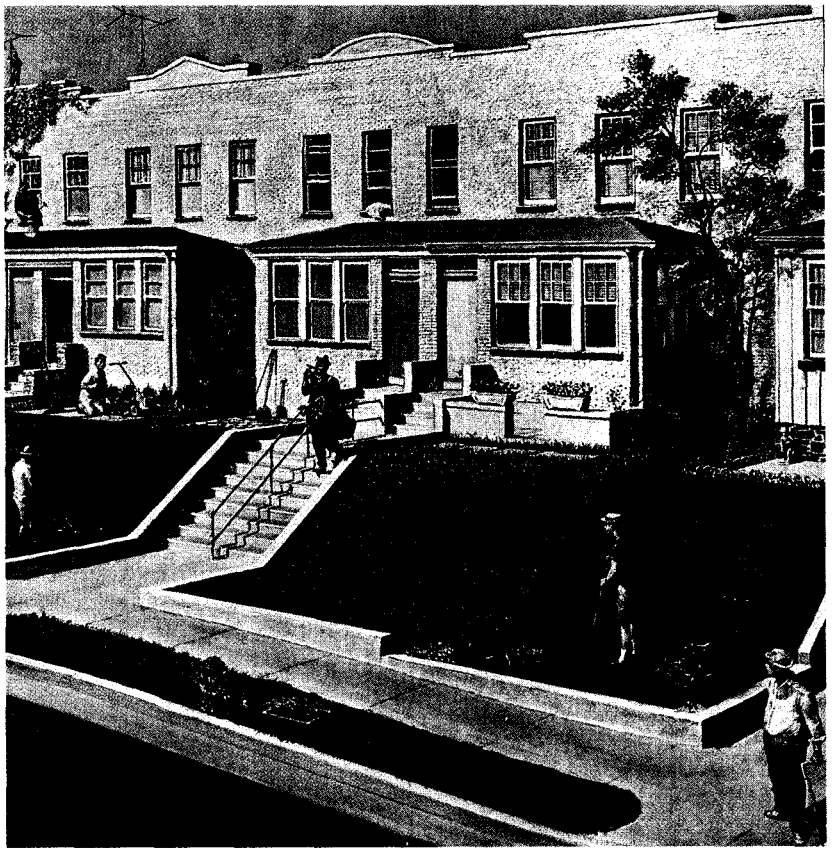
As an art form, as well as a means of communication and self-expression, "dance enhances every aspect of well-being—physical, social, emotional, spiritual, and intellectual," Lane says. "Dancing connects your body and your mind. And it lets you tap into the energy of the music and the people around you. It sets your soul free." ▲

An Annuals Extravaganza

continued from page 50

will give the bed a neat, uniform appearance and keep the plants from drying out.

Watering and fertilizing are the two most critical elements. Water only in the morning, before 10:30; if you wait until later, the droplets may act as tiny magnifying glasses, burning holes through the blossoms and leaves. In shaded clay soil, water once a week; in sunny clay soil, water twice a week. In shaded sandy soil, water twice to three times weekly, and in sunny sandy soil, three to four times weekly. In humus soil, water once or twice a week. Check to make sure the soil has dried out before watering. Use a water breaker on your hose and water from one end to the other and then back. Water breakers are available at many gardening outlets for $1.99 to $15 apiece.



Can you name this picture?

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All eligible limerick entries must be postmarked by June 24, 1995.

The winner of the May/June 1995 contest will be announced in the Sept./Oct. 1995 issue.

Our congratulations and a check for $100 go to Bronwyn Bonnie Eisenberg of Belmont, California, for the winning entry in our Jan./Feb. 1995 caption contest.

"To a wonderful party!" she toasts.
"It sure was terrific!" he boasts.
"But food this delicious
Leaves too many dishes;
Next year, let's be guests and not hosts."

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Fertilizing is essential. Use Miracle Grow or Peters fertilizer. Use a hose sprayer and follow the directions for foliage spray on the fertilizer box. Foliage spray once a week during watering, and guaranteed, your neighbors will be stopping by to ask, "How did you ever get your flowers to grow like that?" Apply the fertilizer right after watering in a sweeping motion, covering the entire garden plot. Spray fertilizer, which is absorbed through the leaves, acts much faster than granular fertilizer.

$$$-Saving Tips

- You can save money by purchasing gardening materials at a landscape supply house, most of which sell both wholesale and retail. Buy mulches and compost by the bulk or in bags; if you are planning a large bed, buy bulk. The delivery fee is generally $35 or less; if your bed is 30 square feet or less, buy in bags.
- Obtain insecticides and fertilizers at a farm co-op or agricultural supply house. These people love to answer your questions; they are well-trained in the areas of soil testing, as well as chemicals and fertilizers.
- Most garden shops start getting annuals in April and May. Be sure to buy within 30 days of the plants' delivery. Most big-chain garden shop employees have no idea how to water flowers and plants. The longer you wait, the less healthy your plants will be. ⁂

Editor's Note: Our landscaper will be happy to answer your gardening questions. Please address them to Gardening Editor, The Saturday Evening Post, *1100 Waterway Blvd., Indianapolis, IN 46206.*

Materials for a 3'x16' Annuals Bed

1. ¾ yard concrete sand
2. 2 yards decomposed mushrooms or shredded bark
3. 6 to 7 pounds 12-12-12 fertilizer
4. 5 flats of annuals of your choice
5. 1¼ yards mulch
6. 1 large box foliage spray fertilizer (can be used on other plants, too)
7. 1 can marking paint
8. 1 pint to 1 quart Roundup concentrate ($16 to $30 when obtained from an agricultural supply house or co-op). Don't buy Roundup at large chain stores. The solution they sell is less concentrated and, thus, less effective.

"We Have a Kidney For You"

continued from page 28

avoid the appearance of getting rid of one sick individual); (3) to substitute a policy with less coverage with the approval of the Insurance Commissioner; and (4) to raise the price.

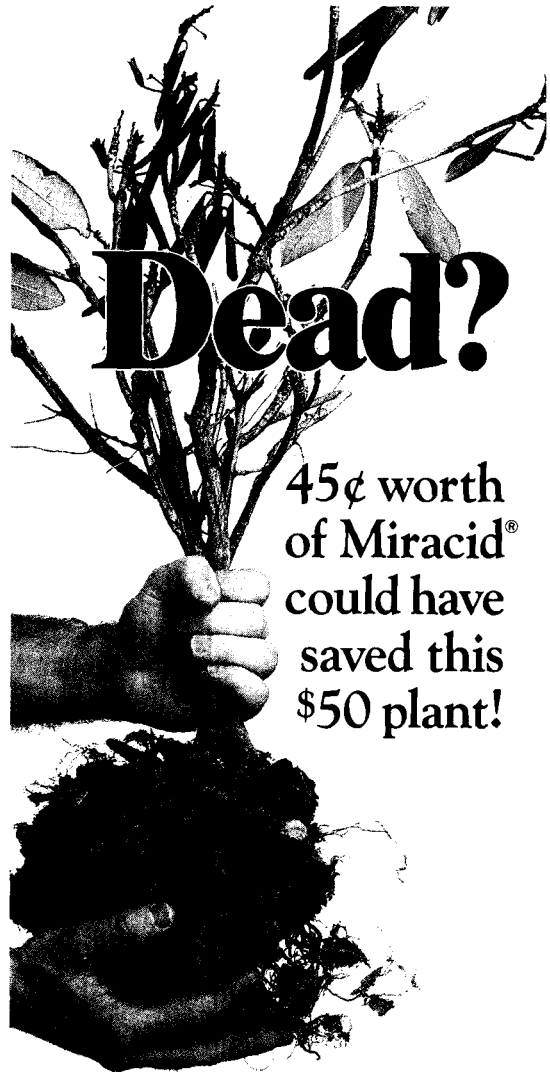
This takes a little time and paperwork, but it's very effective. Healthy group members simply get normal policies with other insurance companies.

I went from a million-dollar policy with full coverage (doctors, prescriptions, etc.) to a half-million cap policy covering in-hospital-stay treatment only (no prescriptions, no doctors) at about a $500 monthly premium. In fact, when I called the insurance company, a cheerful lady agreed that the coverage just wasn't worth the money and advised me to cancel. I canceled, after I submitted bills for $8,000 (incurred during the "in-hospital stay" to insert a permanent catheter for dialysis). The carrier approved a total payment of $1,500.

Incidentally, only kidney transplants are covered by Medicare. If your insurance company jettisons you—and you need a heart, liver, or lung—you better have about $200,000 in your jeans or you're dead, literally. A hint to the wise—check your policy today. Insurance companies often exclude transplants in that small-print section on page ten marked Exclusions, which the agent never seems to get to when he's signing you up. You never know, so now is the time to find out if you're covered . . . before you get sick.

The anti-rejection drugs are also a problem for many because they cost $600 to $800 a month (often more than $1,000 a month if other complications or diseases exist). Medicare covers these drugs for one year after transplant, and then the organ recipient is on his own. Tragically, a substantial cause of late kidney rejection is the inability of the recipient to pay for the medicine we all must take every day the rest of our lives to avoid rejection.

This one-year Medicare limit on drug payment is particularly shortsighted because the person who can't pay, and who subsequently loses his kidney, goes back on dialysis—a Medicare-paid procedure that is three times more expensive than the anti-rejection drugs! And then the person can go back on the transplant list, starting the expenses all over! Go



Yellowing leaves are a danger signal. The problem is "yellow anemia" (chlorosis). These plants need special help that ordinary fertilizers can't provide. They need Miracid!

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Miracid contains chelated iron and other essential minerals to stimulate strong, beautiful growth.

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figure that policy out.

• Shortage of donors. According to the most recent statistics (December 1993), there are 24,973 patients on the waiting list for a kidney. Each year, approximately 4,100 cadaver kidneys (along with about 2,000 living-relative or spouse kidneys) are donated. The average waiting time for a kidney, at this time, is 14 months.

In 1990, 935 people died while waiting for a transplant. This number is probably constant. Why? Well, less than half the people who *could* donate kidneys do so. Some hold religious beliefs prohibiting organ donation; however, most don't donate simply because nobody asks them. Please, the next time you renew your driver's license, ask for an organ donor's stamp, and tell your family about your decision.

Some countries operate an open market for organs. For instance, the going rate is $1,500 for a kidney in India, where the Hindu religion prohibits organ donation. Of course, purchase and sale of organs will never be seriously considered in this country. A more promising solution is a program of "presumed consent." In other words, every person over a certain age is presumed by law to be a donor, unless the individual chooses not to be a donor (for any reason, religious or otherwise). Without this or some other innovative program to increase the number of donors for all types of organs, the situation will not improve, and people will continue to die needlessly.

At any rate, the wonderful gift from God and that loving family in Michigan has, in every sense, given me a new life. I am a different person. I live one day at a time, savoring every moment, feeling profound gratitude. When I am able, I will give a little back by volunteering my money and time to the National Kidney Foundation and The American Association of Kidney Patients, as well as by joining support groups for my brothers and sisters awaiting their own transplant miracles.

In the meantime, please heed the advice of the National Kidney Foundation: Don't take your organs to heaven. God knows we need them here on earth! ▲

Clothes Make The Man

continued from page 14

billiard room, tennis courts, and ten full johns because it belonged to my father and his father before him and my great-grandfather, who built it with money he stole fair and square."

Or if an heiress said: "I will not accept this pearl necklace, the diamond earrings, the sapphire brooch, the platinum bracelet, or any of the other baubles because my mum wore them, and I would feel a bit morbid."

No, the rich are practical in such matters. That's why they stay rich and get richer. Waste not, want not. And that, incidentally, is why the Arabs are in such a sad pickle today.

"What do the Arabs have to do with it?" they asked.

The answer is obvious. Back in the old days, they used to bury guys like King Tut with their valuables. They'd put the poor mummy and his jewels and money and credit cards in a tomb inside a pyramid. How dumb could they be? They could have held an estate sale and cleaned up. And look at all they lost in compound interest over a few thousand years.

"But that coat belonged to someone you didn't even know. It might be different if it belonged to someone in your family."

True, but is it my fault that he didn't have any relatives with the same sleeve length?

They looked unconvinced, but one of them said: "I hope that you write her a nice thank-you note."

Of course I will. There's something I wanted to ask her about, anyway.

"What?"

I wonder if he had any ties. ▲

You Be the Judge

by William Donaldson

One lovely Sunday when the sermon was overlong, the congregation rushed, as usual, from its pews on the first syllable of "Amen!" Faithful Abigail, the only worshiper held entranced by the sermon, moved slowly and was trampled. She sued the church and its officials for damages.

"Those in charge of the church knew that most of the congregation stampedes after long sermons," Abigail argued. "They should have recognized the danger in the situation. Not being prepared to cope with it, they were negligent."

"A church is a nonprofit organization manned for the most part by volunteers," the church attorney replied. "No one has a right to expect it to be run with the smart efficiency of a business concern. Abigail, therefore, has no real claim."

If you were the judge, would you award damages to Abigail?

Abigail lost. The court said churches exist "as places set apart from the material phases of our lives," and that the usual rules of negligence do not apply to them.

Based upon a 1957 Florida decision.

Bob Hope Remembers . . .

continued from page 16

Hope's D-Day broadcast.

It has been said of Hope that no individual in show business has traveled so often to entertain so many. Hope's souvenir book, *I Was There*, reminds us of his contributions.

"I was there," he writes. "I saw your sons and your husbands, your brothers and your sweethearts. I saw how they worked, played, fought, and lived. I saw some of them die. I saw more courage, more good humor in the face of discomfort, more love in an era of hate, and more devotion to duty than could exist under tyranny."

The book is dedicated to those who served in World War II—the American GIs and men and women of the Allied armed forces and, most notably, to those who landed on the beaches of Normandy 50 years ago.

Hope confesses to one misjudgment concerning the war: he insisted there wouldn't be one. ("I've had to eat those words for 55 years.") But once the war began, he was the one asked to do a radio show for the military at March

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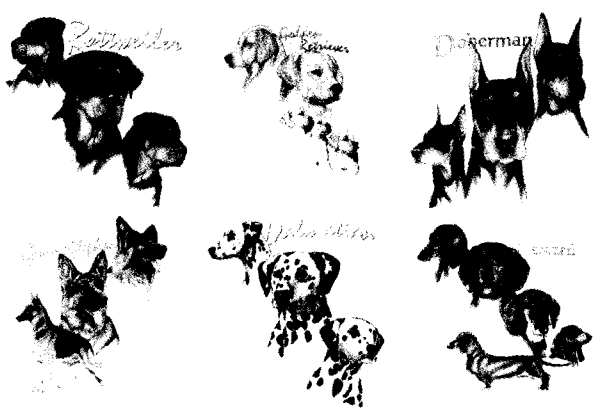

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Men's	34-36	S
Ladies'	12-14	
Men's	38-40	M
Ladies'	16-18	
Men's	42-44	L
Ladies'	20-22	
Men's	46-48	XL
Ladies'	24-26	
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Ladies'	28-30	
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22. Bull Mastiff
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26. Chihuahua
27. Chow
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32. Doberman
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34. English Setter
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39. Golden Retriever
40. Gordon Setter
41. Great Dane
42. Great Pyrenees
43. Irish Setter
44. Irish Wolfhound
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Field in Riverside, California. Hope was for inviting the military to the studio—until he learned that they would number 2,000.

"I could hear the sound that 2,000 joke-hungry servicemen could make—all laughing and applauding," he recalls. "This was an offer I couldn't resist."

That laughter, which would soon drown out—for cherished moments—the sounds of war as it spread across Europe, would come from "simple hairbrained foolishness, reluctant heroism, and even blatant cowardice set against a climate of high seriousness." Making a point of researching the military lingo and commanding officers' names, Hope and his writers had a ball evoking laughter from the stern military regime, as well as the soldiers' resentments, hardships, and habits.

"They laughed at me," Hope fondly remembers, "but most of all, they laughed at themselves."

Though morale on the homefront was never in jeopardy—despite the drives to collect everything from tires to tinfoil, women saving cooking fat to provide glycerine for gunpowder and dynamite, and Rosie trading her typewriter for a rivet gun—Bob Hope and his troupe worked overtime on his weekly radio show to keep America laughing. Gasoline stickers on windshields—as well as such things as sugar, coffee, and chewing gum once taken for granted but now unavailable—brought few protests. Sacrifice was part of everyone's patriotic duty. Beneath a photo of Hope greeting a line of donors emerging from a Red Cross blood bank, he has written the caption: "When I handed out my photos, they wanted their blood back."

How bad did the salvaging get? The Oscars handed out in 1943, to Greer Garson for her courageous *Mrs. Miniver* and to James Cagney for his energetic *Yankee Doodle Dandy*, were made of plaster.

At the Hollywood Canteen, movie stars pitched in—entertaining, waiting on tables, washing dishes, and dancing with the soldiers and sailors passing through. It got so crowded, Hope recalls, that if a soldier wanted to change the radio station, he'd have to squeeze past Lana Turner, Hedy Lamarr, Dorothy Lamour, and Betty Grable. "In five minutes, I must have heard 148 different programs," he writes. Hope says he washed dishes with Vice President Henry Wallace, "who wanted to show what a clean politician he was."

The Hollywood Victory Caravan, a trainload of 50 Hollywood names making whistle stops across the country to sell war bonds, was the idea of the U.S. Treasury Department. As Hope points out, they had no trouble getting stars: who in Hollywood had the guts to tell the IRS he would be out of town? The Caravan, with seven troupes appearing in 5,000 theaters, succeeded in keeping its long-range goal of raising one billion dollars in war bonds.

After Al Jolson returned from doing shows in Alaska, Joe E. Brown took a load of athletic equipment up there. Edgar Bergen reported that he "relished 13 shows a day, done in gun emplacements, on hillsides, the backs of trucks, on barges and landing wharves." Hope said it sounded great to him, reminding him of his days in vaudeville.

On to Fairbanks and the back of trucks went the Hope show. Then on to Nome, where they performed for small groups in Quonset huts ("those are upside-down fox holes"). When 600 crowded into one hut having a capacity of 300, Hope says he knew what it was like to play to a packed house.

"The Army really took care of us," Hope remembers. "They gave us a plane that was flown by a four-star general—Pershing. I knew it was an old plane when I saw the pilot sitting behind me wearing goggles and a scarf."

In the chapter titled "I Never Left Home," it was off to European tours, makeshift stages at bomber bases, fighter bases, supply depots, and wherever a few homesick servicemen were gathered together in the name of war. Hope and his troupe would enter hospital wards with music and yells of "Did you see our show or were you sick before?" and "All right, fellas, don't get up."

"The soldiers laughed," writes Hope, "and we yelled—to cover up the lumps constantly gathering in our throats." Here, Hope and his troupe came face-to-face with the grim reality of war and realized that what they were giving was so insignificant compared with the contributions made by these men.

In Africa, where the entertainers were greeted by General Jimmy Doolittle ("he wasn't born—he was built by Boeing"), Hope would open a show with "Hi, fellow tourists. Of course, I'm leaving right after the show—but this is a great country, Africa . . . this is Texas with Arabs."

I Was There puts readers directly in the target area of two enemy bombing raids in Italy and into a meeting with General Eisenhower—"before he became famous for his golf game and

continued on page 89

The Perfect Squelch

The young comedian, who was almost as good as he thought he was, had ordered his five writers to meet him in a restaurant to plan his next TV show. As usual, he ignored all their suggestions, complained at length that his genius was being wasted on poor lines, and hinted that there were plenty of other writers around to be hired.

While the writers silently simmered, a friend of the comedian's stopped at the table. The comedian greeted him effusively, but instead of introducing the others by name, he just waved toward them and said, "These are my writers."

Soon afterward, a friend of one of the writers paused at the table. "Sit down, Hal, old man," the writer said warmly. "I'm sure you know all the writers here." He paused and waved toward the comedian. "But I'd like you to meet our actor."

—Vincent Thomas, Jr.

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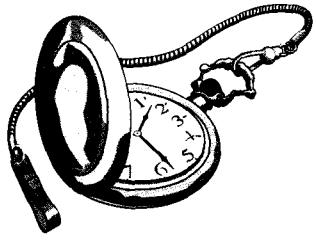
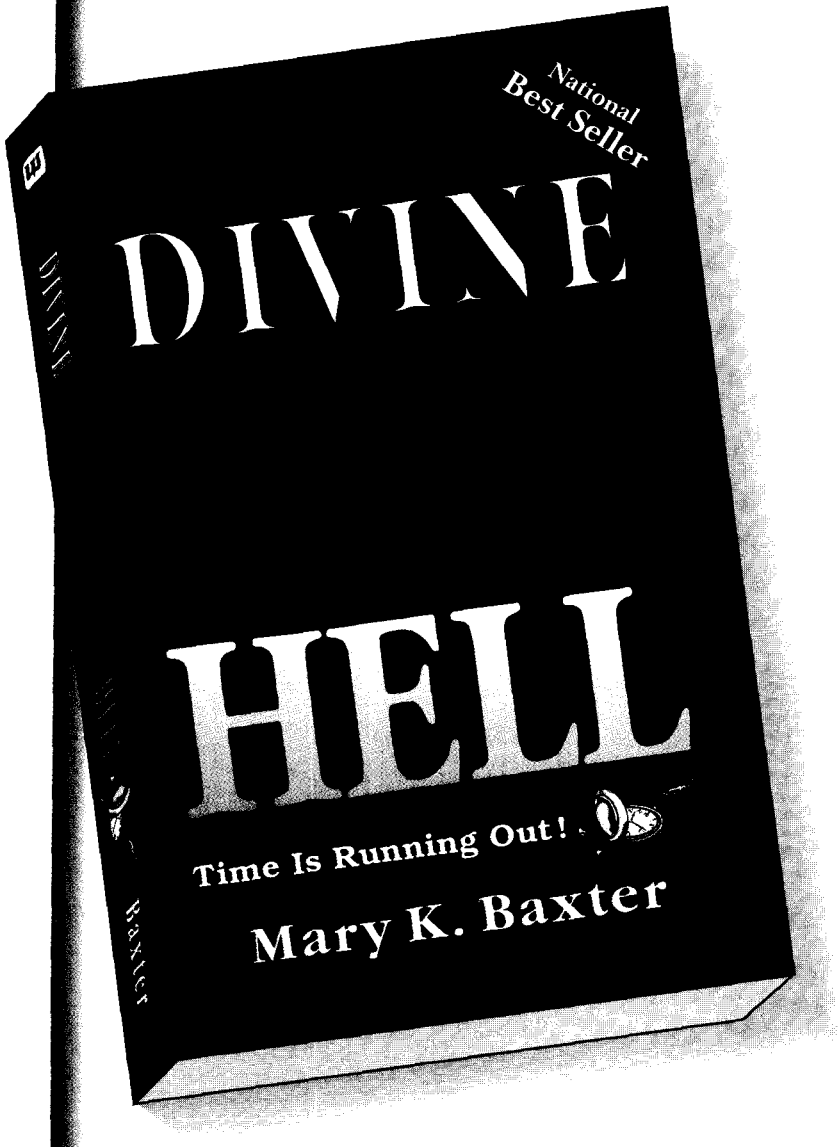
National Best Seller

Heaven or Hell?

Time is running out!





Over a period of forty days, God gave Mary K. Baxter visions of hell and commissioned her to tell all to choose life. Here is an account of the place and beings of hell contrasted with the glories of heaven. It is a reminder of the need each of us has for the miracle of salvation.

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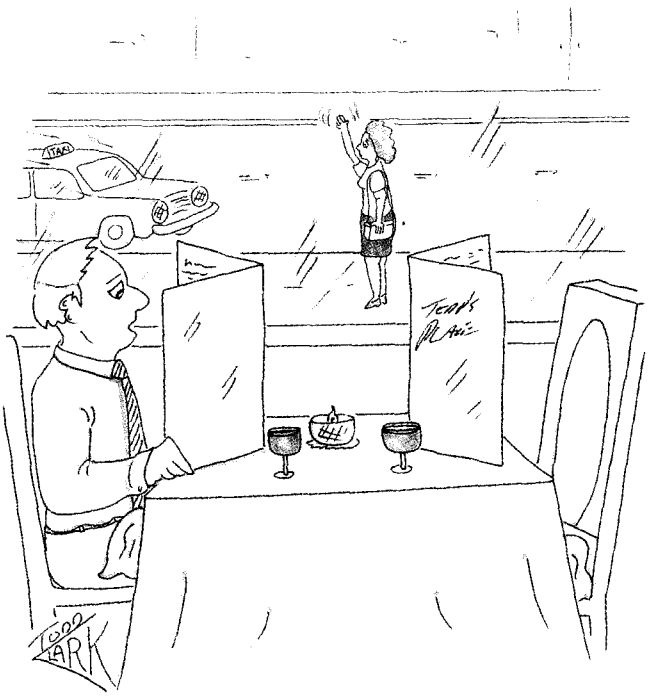
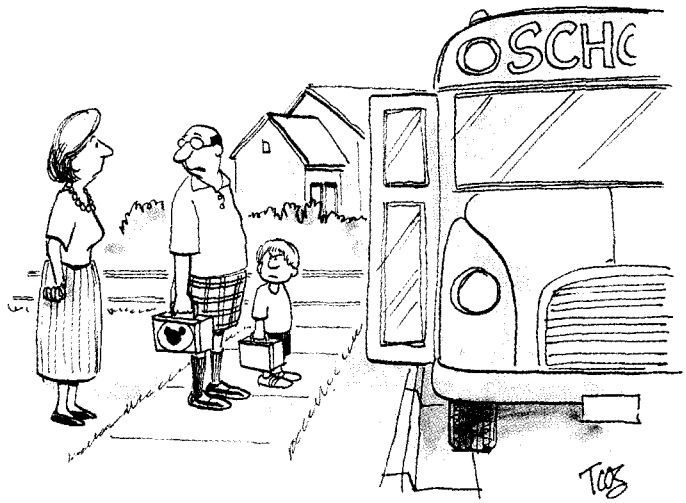
MALE COMPLEXITIES

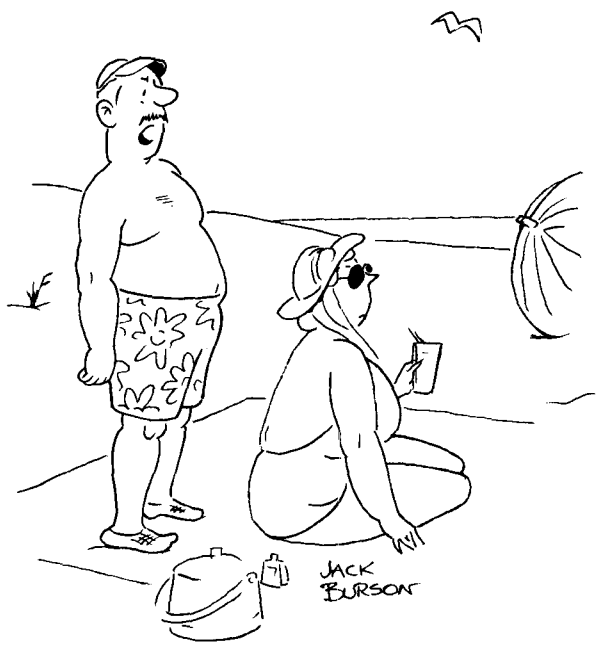


"I'm not boring you with all this talk about myself, am I?"

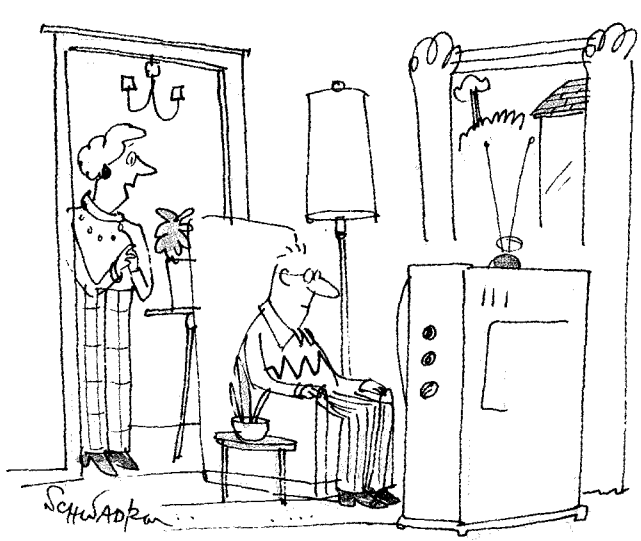
"What do you mean, 'in 25 words or less'?"



"This is just a prelude to going back for my doctorate."



"Oh, sure. 'Enjoy myself' . . . you'd like that!"



"Gerald, why don't you ever continue to amaze me?"

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Bob Hope Remembers. . .

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painting . . . oh yes, and as President of the United States, too—which was like a breath of fresh air in a lethal chamber."

The wartime memories come to a close with a double-page photo of Hope standing alone on a temporary stage surrounded by hundreds of humor-hungry U.S. servicemen and women. Above the photo he has written:

"Like the rest of America and the free world, I was listening to my radio in my living room, waiting for any and all news of the invasion. And like the rest of America, I was there . . . on the beaches of Normandy in prayers and in spirit . . . hoping the tide against tyranny had turned. Now, 50 years later, to commemorate D-Day and to remember those in the Allied armed forces who served there . . . who died there—I will be there to say, 'Thank you.' "

Folate's 50th Anniversary

continued from page 47

an East Coast ethnic lunch. Now you can get that in all sorts of places.

What it really comes down to is that all these little decisions add up—what you eat for meals all the time.

One way to gauge food popularity is by "disappearance." People are still buying bacon and such. It still disappears from the shelves. Some of these are absolutely great foods, but not for people who are not active and who don't have a balanced diet. Think of the way man used to eat. We were hunter-gatherers. We ate what we found, which meant a lot of fresh food. Now you can go and buy all these fresh products and stick them in the refrigerator. Of course, you can buy a lot of high-fat products and stick them in the refrigerator, too.

Post: There seems to be some confusion out there about the extent of things you can do to avoid heart disease. It's almost as though if you avoid fat and add a little fiber, you think you're home free.

Dr. Wilson: I think people need to recognize they should be buying fresh fruit and vegetables and preparing them at home. Start with what the family likes. Virtually everybody in the United States likes oranges and orange juice. With fruits and vegetables, you don't

continued on page 95

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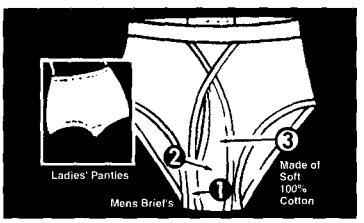

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"It is a most gratifying sign of the rapid progress of our time that our best [medical] textbooks become antiquated so quickly."—*Theodor Billroth, M.D. (1829-1894)*

Protecting a Smile

Ten-year-old Alexander Durham is an especially handsome young athlete. While he was practicing with his Little League team, a ball ricocheted off his catcher's mitt and hit him in the mouth, breaking his two front teeth.

Fortunately, Alexander had the good sense to save the two pieces of his front teeth. The pieces were put in a cup of milk and brought to a friendly dentist, who opened his office at night to bond the pieces back on Alexander's teeth.

Broken teeth from a ball in the face is such a common occurrence that a dentist described the typical "fang-like" appearance of Alexander Durham's casualty without having seen him. Before (left) and after successful bonding.

Although the pink, exposed nerves could be seen on the broken teeth, there is good evidence now that in some cases the nerve retracts and the tooth heals itself. Thus, a root canal might be avoided, and with a little luck, this is what we are hoping for in Alexander's case.

Immediately after Alexander's late-evening injury, I consulted an endodontist by telephone, who surprised me by describing perfectly Alexander's "fang-like" broken teeth. Such a break resulting from a ball in the face is a common occurrence, he told me. If the nerve is exposed, there is always the possibility that a tooth will die, causing the tooth to become dark. After the nerve dies, a root canal and capping the tooth would become necessary.

"Someone's removed the appendix."

If a child breaks or knocks out a tooth, *put it in milk. If no milk is available, use a teaspoon of salt in an eight-ounce glass of water. Don't put it in plain water, and don't scrub the tooth or fragment. Don't let it dry out.* The dentist will want to replant or bond it back on, even if the nerve is exposed. With the advent of new bonding materials, broken teeth can be restored in an aesthetic fashion.

Young ballplayers should wear rubber mouthguards, which can be bought at any sporting goods department.

No Harmful Side Effects

Dear Dr. SerVaas:

I read where megadoses of zinc can cause onset of Alzheimer's.

My eye doctor prescribed one Ocuvite tablet each day for my eyes. I have macular degeneration. Ocuvite has 40 mg zinc—and a person my age (72) only requires 20-25 mg of zinc.

Is 40 mg of zinc considered a megadose?

M. Bergman
Schenectady, New York

Dr. Eugene Helveston of the Indiana University School of Medicine responds:

"Zinc is a heavy metal and an antioxidant. The use of antioxidants to reduce free radicals is now widely recommended by doctors and nutritionists. Zinc is used in Ocuvite with vitamins C, E, and A (as beta carotene) and selenium to slow the aging process of the retina—particularly the macula, that part of the retina responsible for most acute vision. Currently, no compelling evidence exists that this mode of therapy significantly retards retinal aging. However, because no one has shown that this medicine produces harmful side effects, some doctors recommend its use."

How to Make "Floaters" Sink

Dear Dr. SerVaas:

Can you tell me what causes "floaters" (spots in front of the eyes)?

Can anything be done about them?

Any information you can give would be appreciated.

Eleanor Hewitt
Manchester, New Hampshire

We again consulted Dr. Helveston to answer your questions. His comments follow:

"For the most part, floaters are bits of pigment which have broken loose from the inner eye lining and are floating in the vitreous jelly that makes up the majority of the inside of the

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eye. Almost anyone who has had a blow on the head or a "poke" in the eye could experience these floaters, which usually have a black, cobweb-like appearance. A quick eye movement may bring a floater up into the line of vision before it slowly floats back out of sight. These floaters are harmless. Others are more or less stationary and can be very bothersome if they are in the line of vision. Although a sudden jerk of the eye will almost always move this type of floater, vision is clear only until it drifts back into the annoying position. Many individuals in their 50s, 60s, and 70s experience this phenomenon. A floater may remain in one place for hours, days, or even weeks, only to drift out of sight, perhaps to return and perhaps not. In general, floaters become more of a problem in the older age groups as the vitreous jelly softens and liquifies, allowing more movement of the pigment fragments. Should floaters become so severe as to be disabling to useful sight, removal of the vitreous jelly (vitrectomy) can be done. However, this extreme treatment is very rarely indicated."

Dr. Helveston tells us he has vitreous floaters in both eyes. He comments, "A floater in my left eye resides in the line of vision about 5 percent of the time. By carrying out my own 'ocular gymnastics,' I can move it out of the way, if I choose. Since I understand the implications, the whole thing is no bother to me at all."

Zinc Gluconate for Hay Fever

Dear Dr. SerVaas:

Twelve years ago, I took a tablet of zinc gluconate between tablets of an antihistamine medication for hay fever, from which I have suffered for many years. I noticed that the sneezing and rhinitis stopped. Experimentation with zinc gluconate and zinc glycinate revealed that all allergic symptoms disappeared. Since that time, I have used no regular antihistamines, but have used only zinc gluconate.

I believe the zinc reacts with the allergy-causing proteins which release histamine in the cells. Periodic dosages of zinc gluconate during the day (preferably 10 mg) effectively prevent any occurrence of allergic symptoms without sleepiness or heart palpitations. The only medical-literature mention of zinc that I could find in this connection was a report by a group of Texas doctors who said that regular dosages of zinc shortened cold symptoms by several days.

I would recommend that readers who suffer from allergies try small amounts of zinc gluconate (10 mg) to see what happens. I personally think that this is a very worthwhile discovery.

Chester Davis
Springfield, Ohio

Don't Rub Your Levator Muscle

The levator *palpebrae superioris* muscle, probably one of the smallest muscles in your body, is also one of the most important. Without levators, you wouldn't be able to open your eyelids.

Levators are delicate muscles, with tiny muscle cells lined up in a very thin layer. Dr. Forrest Ellis of the Indiana University School of Medicine explained to us that one shouldn't rub the eyelid. "If your eye itches," he said, "rub on your eyebrow or on your cheekbone around the eye. It feels almost as good and won't cause any damage."

This alternative makes very good sense, because the only

Not this . . . but this.

way an opthalmologic surgeon can repair a drooping eyelid after it has been stretched for many years (and the muscle cells have separated) is to excise some of the muscle. About 35,000 surgeries are performed each year to shorten the stretched muscle enough to allow the lid to open completely.

Because the tissue around the eye has a rich blood supply, a person who needs his levators shortened must face the possibility of having a black eye for a week or two. Because of the vascularity of the tissues, the ophthalmologic surgeon can't avoid this result.

Children should be taught not to rub their eyes vigorously, but to rub the bone around the eye.

"Acid" Kidney Stones

Dear Dr. SerVaas:

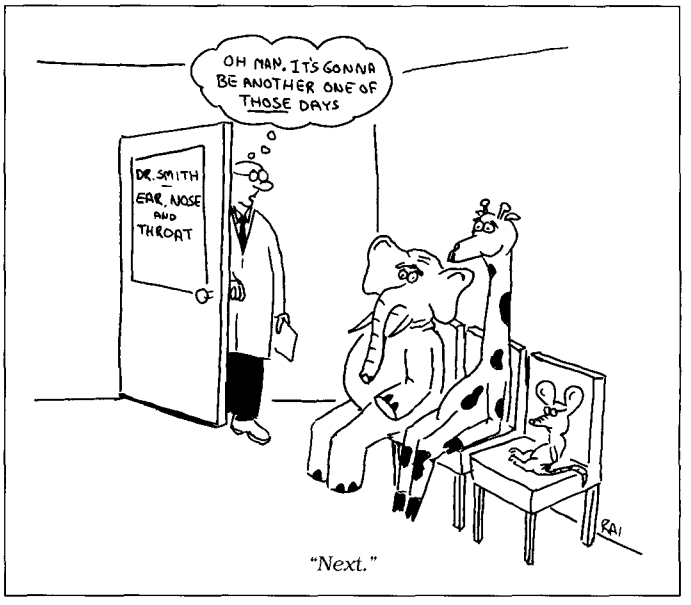
I need help and information regarding "acid" kidney stones. Doctors here know about calcium kidney stones, but not "acid" kidney stones.

Any information would be appreciated.

Patsy Barrup
Newport, Vermont

Dr. Phillip G. Mosbaugh of the Institute for Kidney Stone Disease at Methodist Hospital in Indianapolis responds to your question:

"I assume you are referring to uric acid kidney stone formation. These stones develop under conditions where the urine is acidic or when there is an abnormally high level of



"Next."

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uric acid in the urine (called hyperuricosuria). Stones of pure uric acid cannot be seen on plain abdominal x-rays. Theoretically, of all the various types of kidney stones, those due to uric acid potentially should be the most effectively managed.

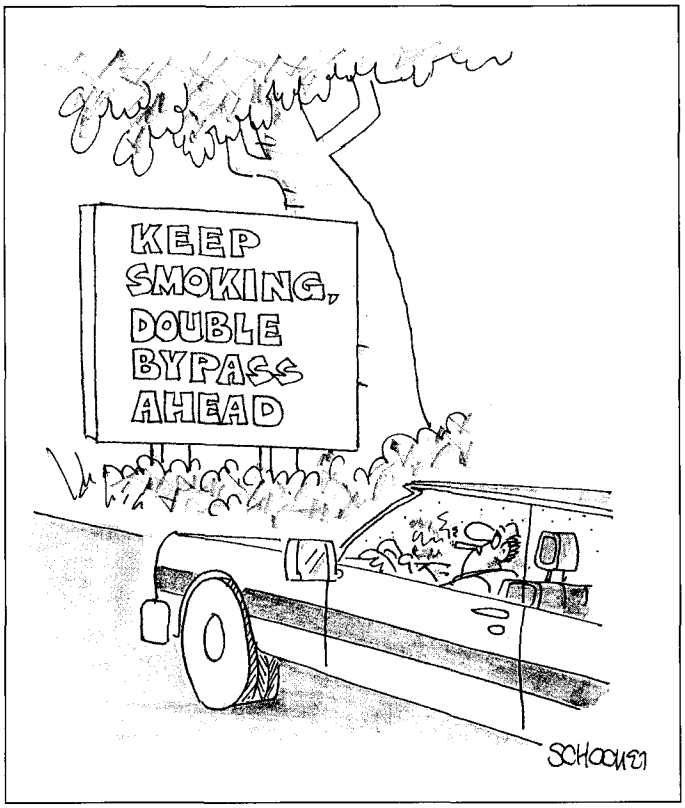
"Chronic diarrhea in Crohn's disease, ulcerative colitis, and small-bowel intestinal bypass may also result in uric acid stone formation. This occurs not only because of the intestinal loss of alkali (bicarbonate), which increases the urine's acidity, but also due to the loss of water, which contributes to a lower urine volume, with an increased saturation of uric acid.

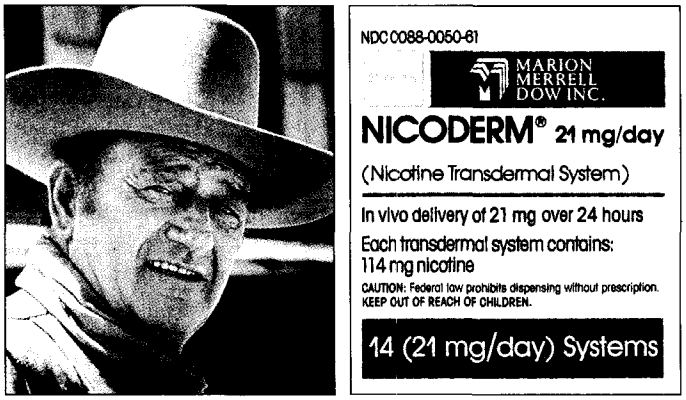
"Hyperuricosuria can be brought on by primary gout and occasionally by simple overindulgence in purine-rich foods (liver, kidney, seafood, meat extracts, spinach, beans, lentils, and peas). Purines are the chemical foundation of the uric acid group of compounds.

"The treatment of uric acid stones focuses on making the urine less acidic. Previously, sodium bicarbonate was most often used; however, its usage may contribute to the development of calcium-containing stones. A better and safer agent today is potassium citrate. Given in two daily divided doses, potassium citrate can maintain the proper urine acidity. Its use may also effectively replace the citrate (an inhibitor of stone formation) lost from the intestinal tract in patients with chronic diarrheal conditions.

"To help lower excess uric acid in urine or blood, allopurinol is useful in some cases. This drug inhibits uric acid production and, thus, lowers urinary uric acid. In instances where dietary overindulgence of purines cannot be successfully restricted, allopurinol may be necessary. In difficult situations, combinations of both allopurinol and potassium citrate usage may be warranted.

"In all stone formers—uric acid or otherwise—high fluid intake is important to generate a urine output approaching two liters per day."

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"John Wayne smokers" (three or four packs a day) are started on 21 mg nicotine patches plus nicotine gum. Lower-dose patches (14 and 7 mg) are used for tapering off.

Help for "John Wayne Smokers"

The *Post* believes nicotine patches and gum should be popularized to help the addicted. So does Dr. Arden Christen, a leading national "stop smoking" expert at the Indiana University Nicotine Dependence Program. Dr. Christen explains: "We get the tough cases. We call them our 'John Wayne smokers'—three or four packs a day—so we are using both 21 mg patches and gum simultaneously. We have success with carbon monoxide breath analyzers. It is a terrific motivating thing when a typical smoker comes in with around 20 to 25 parts per million of carbon monoxide in his breath. Then, after not smoking for a week and being on the patch, we can say, 'Look, you were at 30 parts per million last time and now you are down to one or two.' They love that. When they leave here, they are riding on a cloud. They feel, 'I have done this.' This is something that they can see on the spot, and it is very motivating.

"Some insurance companies will pay for the program if smokers quit and we can document it, so that's why we put people on a ten-week program. The program involves six weeks of the 21 mg patch, two weeks with the 14 mg patch, and two weeks with the 7 mg patch. A new patch is applied each day to a different skin site. When that is all over, we give them a diploma with their name printed on it, and we will write a letter to whomever needs proof—such as an insurance company."

Dr. Christen told us that in addition to Nicoderm, he has also had success with Habitrol and Nicotrol nicotine patches. He doesn't recommend Prostep patches.

Nicorette gum is available in two- or four-milligram strengths. It requires a prescription in the United States, but is available in some European countries without a prescription.

The Nicoderm patch comes with the Committed Quitter's Program, which provides personalized support to smokers trying to quit. As part of the program, participants receive custom-tailored support in the form of calendars, postcards, and newsletters. Among participants enrolled in the program, 85 percent report being smoke-free after one week, and 75 percent are successful after 39 days. Any Nicoderm patch user can enroll in the program for **free** by calling **1-800-642-6337.**

Dr. Christen concludes, "We want to provide hope for smokers and urge them to keep trying. We have more than 46 million ex-smokers now in the United States. Quitting is doable."

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A Good Idea and Readers Could Help

Dear Dr. SerVaas:

We are seeking a booklet to distribute to residents of Menno Haven. However, we are not aware that such a booklet exists, nor are the doctors and other professionals whom we have consulted.

It is my hope that, in your unique combination as a medical doctor and an editor, you might be able to provide us with advice as to whether such a booklet exists or, if not, how it might be developed.

A Menno Hall cottage resident suggested that *The Saturday Evening Post* might be of assistance, and thus, I have been given the opportunity to request your thoughts.

We envision a concise booklet as one covering only about 20 ailments, one on each page which very briefly describes the ailment and suggests home treatments. Examples are: (1) heartburn/indigestion/gas, (2) allergies, (3) dry skin, (4) constipation, (5) diarrhea, (6) cold, etc. The question is: "What do we do before we need to see a doctor?"

While there are some home-remedy books on the market, we believe that they are much too detailed and bulky for people in our age group to have the patience to consult. In addition, the cost would be prohibitive.

I do feel that there is a need for such a booklet for other similar communities, locally and nationally.

Richard E. Harmon
Chambersburg, Pennsylvania

We know of no such existing concise manual, and yes, we would enjoy preparing it for you to distribute to residents at Menno Haven. We were impressed with the statement of your letterhead: "The mission of Menno Haven is to demonstrate God's love by how we serve." We applaud Menno Haven for aiding residents in facing all life's experiences victoriously.

It is true that elders sometimes have a shorter attention span and would be helped by brief suggestions for "what to do before we need to see a doctor."

The booklet you suggest could include tips on how to prevent the six items you listed. For example, for your number six, colds, we might caution: Don't shake hands with anyone suffering from a cold, because some believe cold viruses spread by touching the skin. Sterilize your toothbrush after a cold by soaking it in a solution of Clorox, one tablespoon to one-half cup of water for 15 minutes, or replace your toothbrush to prevent reinfecting yourself.

We urge *Post* readers to please mail in their list of 20 ailments they would like to see covered and include their favorite preventions or treatments. For the effort, each contributor to the booklet will receive a complimentary copy.

You have certainly focused on a need that exists in nursing homes. Volumes are written about infant care and childcare. Safe Sitter programs are available with easy-to-follow brief directions for babysitters and caregivers. Caregivers in nursing homes are faced with more challenging daily dilemmas, and easy-to-follow suggestions could be a boon to better quality of life in the golden years.

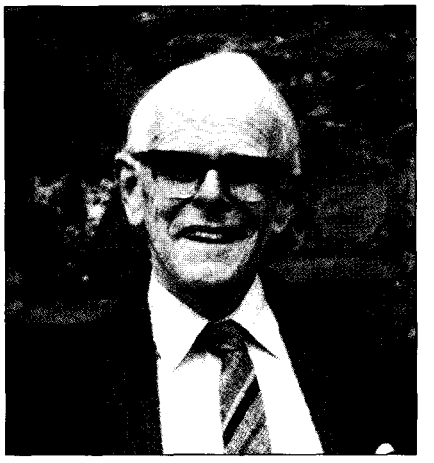
If you'll help to gather up suggestions, we'll work on such a geriatric manual. Thank you for calling this void to our attention.

High-Fiber Foods for Gallstones

Dear Dr. SerVaas:

Through several lab tests administered this winter (for a different purpose, which turned out to be unnecessary), it was discovered that I have one gallstone. This was very surprising, as I am asymptomatic.

Since I am also over 60 and work full-time, I wonder if you could recommend a suitable diet or other regimen for me to follow. Never having eaten a "hot, spicy food," I have no difficulty giving that up.

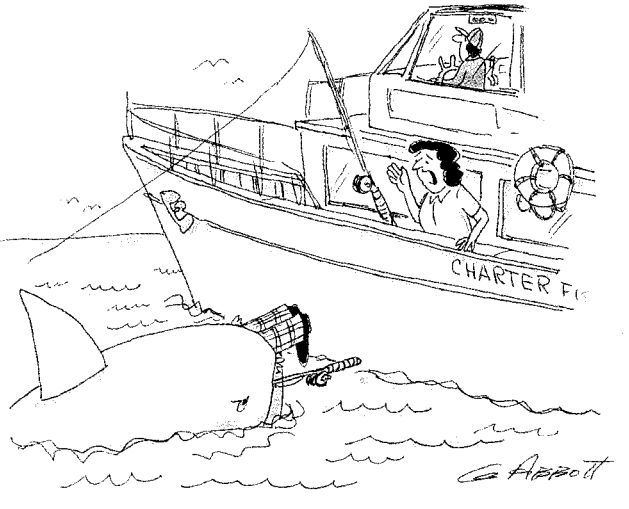


Dr. Denis Burkitt, medical missionary-researcher-surgeon, was convinced that gallstones and a multitude of other digestive diseases could be prevented by restoring more fiber to the Western diet.

We once asked fiber crusader Dr. Denis Burkitt what people should eat to avoid gallstones. He said, "To avoid gallstones and many of the other diseases in Western culture, we should eat more complex carbohydrates, such as whole-grain breads, whole-grain cereals, and high-fiber vegetables such as potatoes, carrots, beans, peas, Brussels sprouts, and onions."

By eating these foods, Dr. Burkitt explained, one automatically reduces fiber-depleted carbohydrates, such as sugar and refined flour. When one eats high-fiber, filling foods, less fat is consumed.

Most gallstones consist of cholesterol. When wheat bran and other high-fiber foods combine with the cholesterol-containing bile acids in the intestine, bile acids can be



"Hang on, Harry! I'll see if one of the crew knows the Heimlich maneuver."

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eliminated in the stool, rather than resorbed and returned to the liver. Cholesterol in the liver must then be used to produce more bile acids, instead of forming gallstones. Dr. Burkitt believed that most adults can handle 45 to 50 grams of fiber per day.

Close attention to total calorie intake, dietary fat, and cholesterol can help prevent gallstone problems.

Mitral Valve Syndrome

Dear Dr. SerVaas:

As a subscriber and long-time reader of *The Saturday Evening Post,* I always especially enjoy the informative "Medical Mailbox" articles.

I have been recently diagnosed with mitral valve syndrome, with leakage, and I would like to know if you can supply me with information concerning this condition.

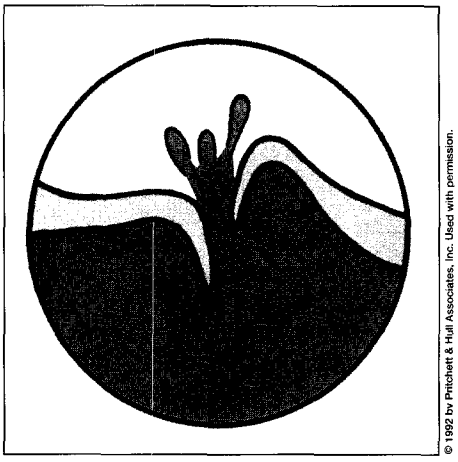
Dura Young
Wichita Falls, Texas

As you probably know, your heart has two sides, each made up of one "filling" and one "pumping" chamber. Valves between these heart chambers keep the blood moving in the right direction and provide for efficient circulation of oxygen throughout the body.

The valve between chambers on the left side of the heart consists of two flaps and is named the mitral valve. Attached to the heart wall by numerous, thick cords, the free edges of the valve flaps are pointed in the direction of blood current. Any blood forced backward normally drives the flaps upward until their edges meet, forming a barrier between the chambers.

For a variety of reasons, an abnormal buckling of one or both valve flaps can occur. This allows blood to "leak" back into the filling chamber, and circulation becomes less efficient.

Dr. Jane Howard of The Heart Center of Indiana explains: "Mitral valve prolapse syndrome refers to a group of symptoms, including heart palpitations, chest pain, panic attacks, breathlessness, or diminished exercise tolerance. Ultrasound pictures (echocardiograms) of the heart show a structurally normal mitral valve which may buckle backward with each heartbeat. This form of 'mitral prolapse' is associated with annoying symptoms, but carries a good prognosis. Less common, but much more serious, is an actual structural defect of the mitral valve as a result of coronary artery disease, congenital abnormalities, connective tissue disorders, inflammation of the heart and valves, and trauma. Symptoms may not present until late in the course of the disorder. Potential complications include valve infection and the need for open-heart surgery and valve replacement."



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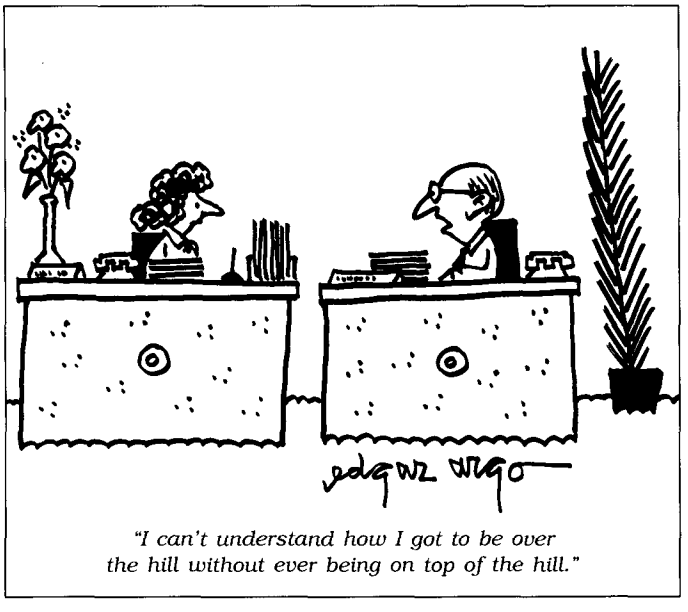
Abnormal buckling of mitral valve flaps in the heart allows blood to "leak" backward. In turn, this can cause chest pain and diminished tolerance for exercise.

Over the past ten years, better techniques have been developed to repair, rather than replace, the mitral valve. Cardiac surgeons report that the long-term prognosis is better after surgical valve repair than with artificial valve replacement.

Dr. Howard concludes, "A thorough echo-Doppler study of the heart is essential to make a correct diagnosis and, thus, properly counsel each individual. About half of the adult population experiences mild leakage of one or more heart valves; therefore, there is no cause for alarm. Cardiologists can define a normal finding versus an abnormal one."



"I can't understand how I got to be over the hill without ever being on top of the hill."

Vim and Vinegar

Dear Dr. SerVaas:

I take Zantac for a hiatal hernia. I would like to do without this expensive drug. Any information or testimonial for this condition would be very much appreciated.

Mary Lou King
West Liberty, Ohio

The following letter from Mrs. Raycraft might be of interest to you:

Dear Dr. SerVaas:

A year ago, I sent for a "vinegar book" that had been advertised in *The Saturday Evening Post*. I have a hiatal hernia—have had one for ten years. In the back, the book talked about excessive gas in the stomach and said to take one tablespoon of apple cider vinegar and one teaspoon honey in a glass of water before meals. I tried it and it helps relieve the gas. I was taking Zantac. I am not using any antacids. I am, however, careful of the foods I eat—no coffee, tea, chocolate, or anything in the cabbage family, to name a few. Last summer, I ate a little cucumber and some red tomatoes, but the problem was much better than in the past.

This may not work for everyone, but it sure does for me. I have heard of other people using this combination, too—it's sure better than pills.

Margaret Raycraft
Alma, Michigan

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(Advertisement)

Do Amish People Know Something That Doctors Don't?

If you are concerned about prescription drugs and their side effects...not to mention their spiraling cost ...Look at the Amish. They are robust and healthy. Yet they rely on simple, drug-free home remedies and folk medicine for their everyday health problems.

Their philosophy is "What's old is of the good." They claim their folk medicines, handed down from generation to generation, still work today for everything from colds to *kee-gretz* (foot fungus.)

An encyclopedia of their natural health secrets, called *The Wisdom of Amish Folk Medicine* is now available to the general public. It has hundreds of proven home remedies using simple items you have around your home like vinegar, salt, soda, onions—even olive oil. You'll be amazed at the ordinary spices and herbs the Amish use for their health qualities.

This extraordinary health guide was inspired by a collection of little-known folk medicines gathered by the home remedy editor of a magazine published for the Amish.

Speaking of these health secrets, she says, *"A doctor was usually called as a last resort, after everything else failed, and this wasn't often."*

Step back to simpler times with the Amish natural folk medicine secrets for common health problems like these:

- **Backache?** This home-made liniment has been used for years to relieve aches and pains.
- **Poor memory?** The Amish swear by this common seed to sharpen the memory.
- **Can't take aspirin?** Discover the natural ingredients that have pain killing properties.
- **Allergies?** Learn how to use nature's antihistamine.
- **Arthritis pain?** An all-natural tonic can give hours of relief.
- **Prostate trouble?** A good dose of this ordinary tea is the Amish secret.
- **Want to stop smoking?** Learn age-old ways to kick the habit.
- **Trouble sleeping?** This simple remedy is said to induce a peaceful slumber.
- **Nervous?** Enjoy blissful tranquility without drugs.
- **Thinning hair?** Proof of this remedy is seen in Amish people's luxuriant hair and beards.

The Wisdom of Amish Folk Medicine also reveals natural health tips for: **constipation, cold sores, menopausal problems, sinus trouble, hemorrhoids, varicose veins, age spots, flu and more.**

These are only a few of the many trusted home remedies in *The Wisdom of Amish Folk Medicine*. Learn how to make "Go Back" drops, the Amish stomach remedy. Prepare their "Green Mountain Salve" for boils and sores. Mix up some "Good Samaritan Oil" for colds. Discover 6 ways to relieve muscle cramps, how the Amish use red beets to fight infection, which vegetables and fruits can cleanse and heal, and the Amish natural weight loss method that promises good results.

After a tiring day, you might want to try the Amish cure for *au-gewachsen*. That's their word for the aches that come from a long buggy ride, but it works for any kind of muscle fatigue.

Right now, as part of a special introductory offer, you can receive a special press run of *The Wisdom of Amish Folk Medicine* for only $8.95 plus $1 postage and handling. Your satisfaction is 100% guaranteed. You must be completely satisfied, or simply return it within 90 days for a full refund-no questions asked.

HERE'S HOW TO ORDER: simply print your name and address and the words "Amish Folk Medicine" on a piece of paper and mail it along with a check or money order for only $9.95 to: THE LEADER CO., INC. Publishing Division, Dept. AM485, P.O. Box 8347, Canton, Ohio 44711. (Make checks payable to The Leader Co., Inc.) VISA or MasterCard send card number and expiration date. Act now. Orders are filled on a first-come, first served basis. ©1994 The Leader Co., Inc.

Folate's 50th Anniversary

continued from page 89

run into intolerance issues. For instance, there are some people as adults who are lactose intolerant, so they avoid some of the dairy products. But with vegetables, there's no food intolerance. Interestingly, they fit into all the ethnic diets. It's interesting, also, to consider that all the dietary proscriptions are largely based on meat. Indians won't eat beef. Seventh-Day Adventists don't eat meat of any kind. Actually, you have to create some kind of proscription that does provide for your health. All vegetables do provide for health.

Now we have more scientific evidence that says, "Eat these foods; they are so good for you."

* * *

We checked on the availability of testing for homocysteine blood levels. We found that Corning/Metpath has 23 regional labs throughout the country that—with a physician's order—can test for serum homocysteine levels at a cost of $83. A test for folate costs $47.

Physicians can contact Corning/Metpath at 800-638-7284. Mayo Clinic's laboratories also test for homocysteine levels: their test costs around $100. Physicians can contact Mayo Clinic in Rochester, Minnesota, by calling 800-533-1710.

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Where Do You Think You Are?

(answers from page 80)

(Theme: Towns with French names)

1. Bellefonte, AR
2. Froid, MT
3. La France, SC
4. Culdesac, ID
5. La Rue, OH
6. Des Allemands, LA
7. La Porte, IN
8. LaFollette, TN
9. Voltaire, ND

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MASCAGNI

Evening Star from Tannhauser
WAGNER

Ave Maria
SCHUBERT

On Wings of Song
MENDELSSOHN

Dance of the Swans from Swan Lake
TCHAIKOVSKY

Flower Song from Carmen
BIZET

Greensleeves
TRADITIONAL

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Toreador Song from Carmen
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Merry Widow Waltz
LEHAR

Triumphal March from Aida
VERDI

Traumerei
SCHUMANN

The Swan
SAINT-SAENS

Plaisir d'Amour
MARTINI

The Skaters Waltz
WALDTEUFEL

Hungarian Dance No. 5
BRAHMS

Finlandia
SIBELIUS

Emperor Waltz
STRAUSS

Pomp and Circumstance March No. 1
ELGAR

Waltz from The Sleeping Beauty
TCHAIKOVSKY

Symphony No. 5 in C Minor
BEETHOVEN

Symphony No. 8 ("The Unfinished")
SCHUBERT

Caprice Viennois
KREISLER

William Tell Overture
ROSSINI

Toyland
HERBERT

Blue Danube Waltz
STRAUSS

Barcarolle from The Tales of Hoffman
OFFENBACH

Love Theme from Romeo and Juliet
TCHAIKOVSKY

Minute Waltz
CHOPIN

Vilia from The Merry Widow
LEHAR

Love Theme from Elvira Madigan
MOZART

Musetta's Waltz from La Boheme
PUCCINI

Waltz in A Flat
BRAHMS

Waltz from Die Fledermaus
STRAUSS

Grand Waltz from Swan Lake
TCHAIKOVSKY

Sabre Dance
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BIZET

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Back On Course... And Sailing Full Speed Ahead!

Gavin MacLeod, well-known actor, tells how he navigated through some rough waters on his way back to health and vitality from a major physical setback.

Madeline Balletta with Gavin and Patti MacLeod

Several years ago, Gavin MacLeod found himself physically weak and drained. This was frustrating for a man who travelled the globe doing television, theater and personal appearances. He was not ready to drop anchor and drift through life not feeling his best! According to Gavin, "A combination of things got me back on course, and I learned what I could do to help myself."

Under the care of a holistic medical doctor, he began a program of nutritional therapy, a healthier diet and exercise. Feeling better, but wanting even more energy, he searched for additional answers. After meeting Madeline Balletta and hearing how she overcame her battle with *serious fatigue* by improving her diet and supplementing it with Royal Jelly, Gavin and his wife, Patti, felt they desperately needed this *natural* product too! Royal Jelly, known as the food of the Queen Bee, is an energy source, rich in B vitamins, minerals and contains all of the essential amino acids.

"I'm so glad I found Bee-Alive Royal Jelly!" says Gavin. "Since I began taking it three years ago, I've never felt more energetic and alive! I would never, *and this is the truth*, be without my Bee-Alive." Today, Gavin and Patti are busier than ever co-hosting a Christian TV program "Back on Course" Gavin also performs in major theater productions across the country and is the national spokesperson for Princess Cruise Lines, which involves extensive travel and personal appearances. "Travelling can be tiring, so I always take along a 'suitcase' full of Bee-Alive Royal Jelly. I take it every single day and have introduced it to several leading performers who are now Bee-Alive fans, too!"

Gavin loves to share his testimony with others..."When you find a good thing, you stick with it. That's why we recommend Bee-Alive to everyone we meet and care about!" And the news is spreading fast. Thousands of others have discovered that Bee-Alive Royal Jelly and a proper diet helps them sail through even their most hectic days with ease. Here's just a few...

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Bea Pardenbery, Piru, CA

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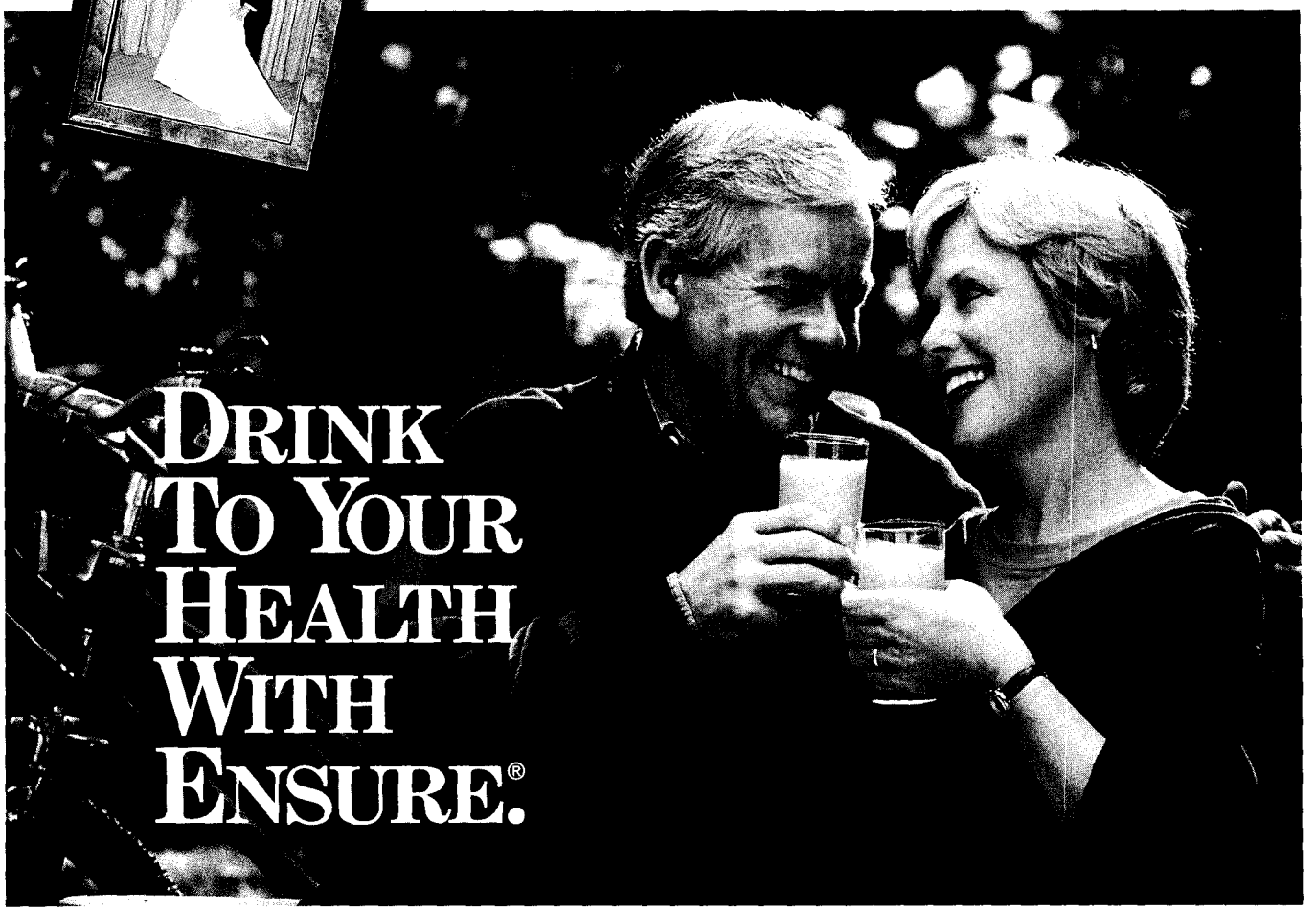

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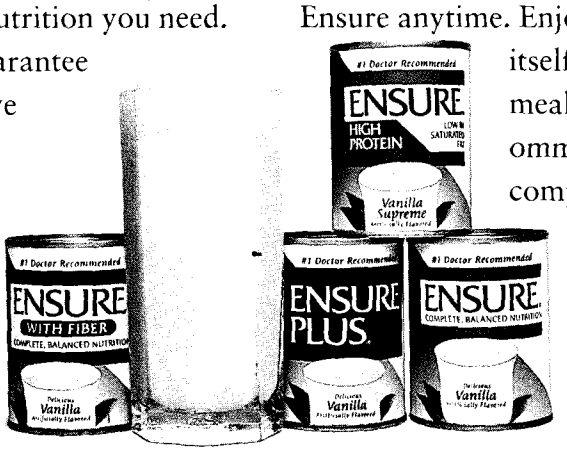

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